

The Complete Guide to

KETO

**Drop
Pounds
Fast!**

THE NEVER HUNGRY DIET

Eat What
You Love!

**Lose Weight, Boost Energy
& Feel Your Best**

Plus
**Transform
Your Body
in 21 Days!**

CENTENNIAL SPECIALS



Display Until 6/12/23 \$13.99

VISIT...

LANZAROTE
Caliente.COM



The Complete Guide to

KETO®





CONTENTS

SECTION 1

THE SECRETS OF HEALTHY FATS

8 The Keto Way Why—and how—this diet works.

14 Fat Does a Body Good The science behind keto.

18 Meat Your Heart! New thinking about eating fat and cardiovascular disease.

24 Your Brain on Keto Riding the waves of clarity and fog as you adapt to a new way of eating.

28 Variations and Adaptations Many people personalize their plan.

SECTION 2

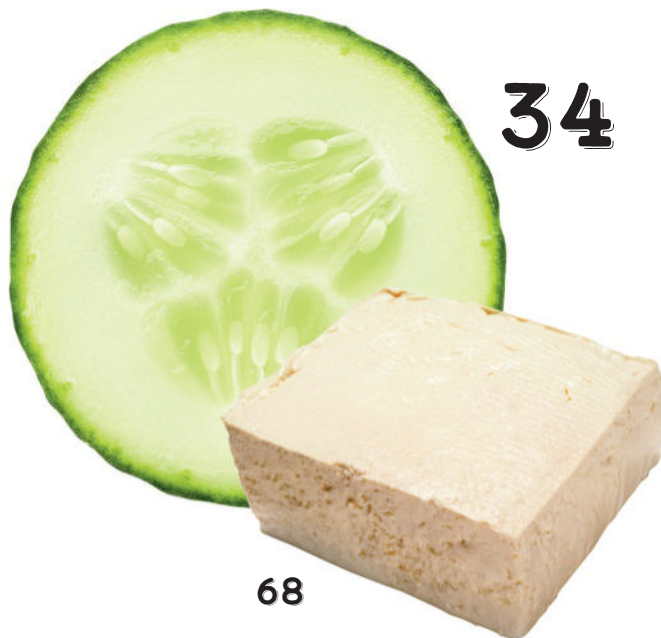
YOUR ACTION PLAN

34 Women and Weight Loss Hormones play a significant role in body composition.

38 Slipping and Sliding Your new life is not just about eating; it's also a psychological journey.

42 10-Minute Workouts Short bursts of high-intensity activity will help you drop pounds.

46 It Worked for Us! These success stories will inspire you.



Information in *The Complete Guide to Keto* is provided for awareness, education and general information. Health benefits of various diets, foods and weight-loss strategies are the opinion of the author, and there may be differing views on many of the topics covered, including evolving research, opinions, benefits and efficacy. This magazine is meant to inform the general reader and is not a substitute for medical advice by a physician, dietitian and/or nutritionist. Please consult a doctor if you have chronic ailments or feel adverse side effects after starting a nutrition regimen, and do not ingest items to which you have sensitivities or may be allergic. Readers should consult a licensed health professional who knows their personal medical history on matters relating to their health and well-being, including being aware of potential interactions with medications they are taking and conflicts with other wellness-related goals.

18





64



74

SECTION 3

CRACKING THE CODE

52 *The Great Kitchen*

Makeover Stock up on keto-friendly foods.

56 *Retooling Your Shopping List* Planning ahead is key.

60 *Feeding a Finicky Family* These meal-prep strategies are lifesavers.

64 *Dining Out* Make great restaurant choices using these helpful tips.

68 *Keto Without Meat* Vegans and vegetarians can follow this plan, too.

SECTION 4

TIME TO COOK

74 *Breakfast*

Recipes for sweet and savory options.

80 *Lunch* Easy-to-prepare (and pack) meals.

86 *Dinner* From casual to elegant, we've got meals you'll love.

92 *Dessert* You don't have to give up treats—and you won't even miss the sugar!

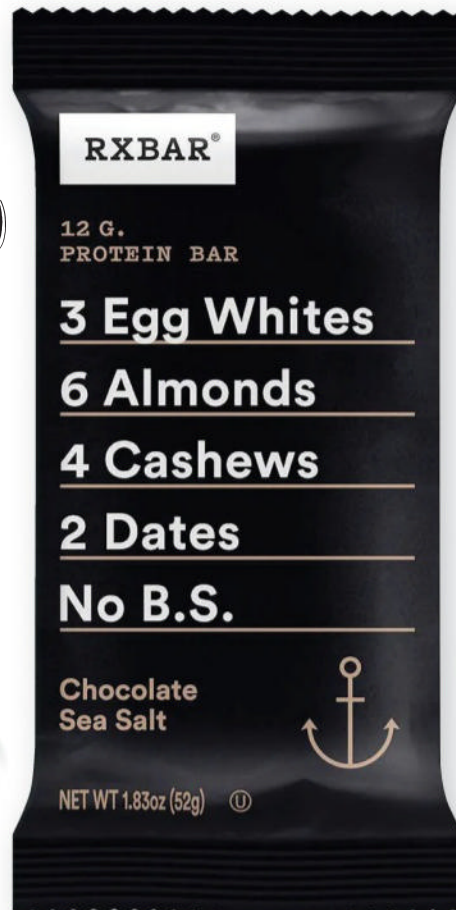
80

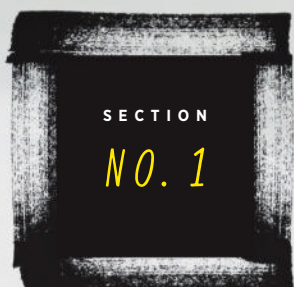


56



38





THE SECRETS OF HEALTHY FATS

Keto allows you to **transform your body** in 21 days. And weight loss is just one of its benefits.



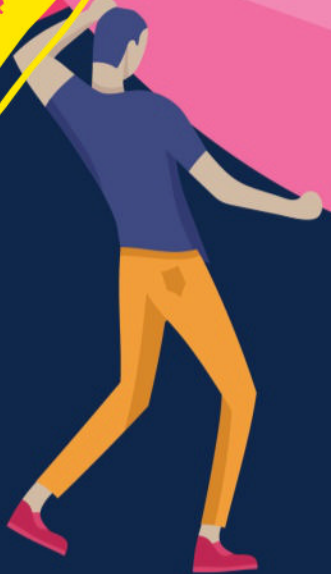
SECTION

No. 1

EATING
THE

KETO

WAY



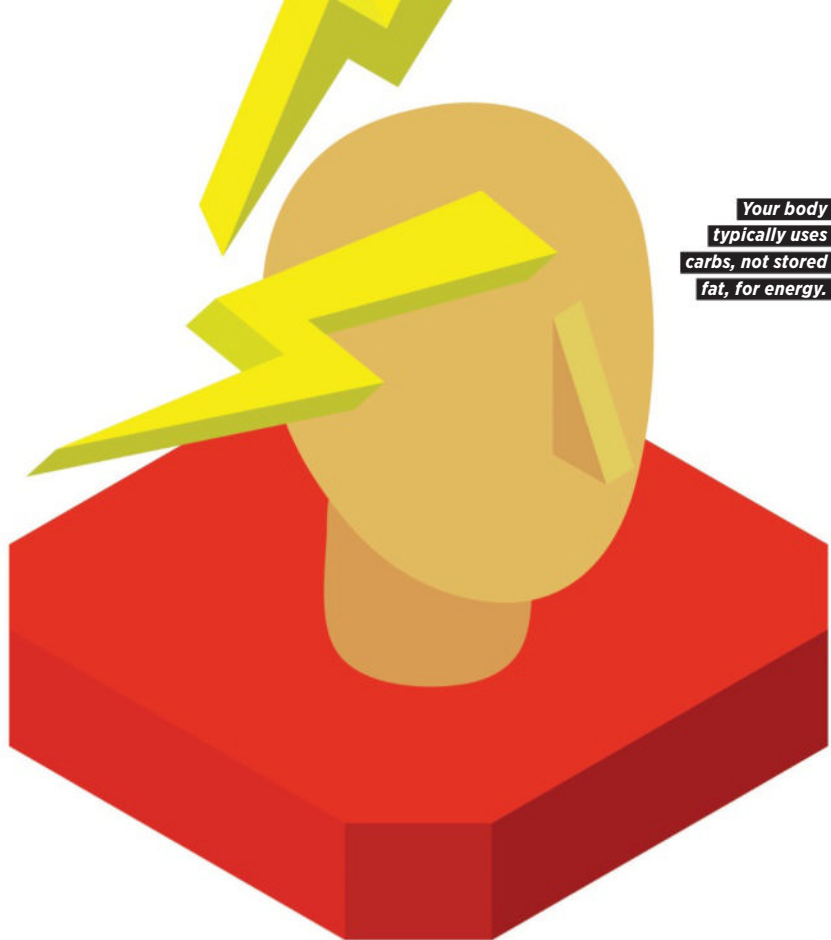
Why—and how—this diet yields results.

| by CARRIE DENNETT, MPH, RDN, CD |



Originally developed to treat severe epilepsy in infants and children under medical supervision, the ketogenic (aka keto) diet has moved to the mainstream as an effective tool for both short-term and long-term weight loss. Although it does seem successful as a means to reduce cardiometabolic risk factors, such as diabetes and heart disease, it is still controversial. Here's what you need to know about the ketogenic diet, its risks and benefits, and whether people who say they're "doing keto" are actually following a ketogenic diet or a variation of low-carb eating.





Your body
typically uses
carbs, not stored
fat, for energy.

WHAT THE KETOGENIC DIET IS... AND WHAT IT ISN'T

By definition, a ketogenic diet is very low in carbohydrates and very high in fat with a moderate amount of protein. Specifically, nutritionists working with medical patients prescribed a “clinical ketogenic diet” are limited to eating only 20 to 50 g of carbs per day, primarily from non-starchy vegetables, while very low-carb ketogenic diets restrict carbs to 30 g per day. This is the equivalent of half a hamburger bun or one potato every day.

At the same time, patients are required to eat healthy fats, such as those found in fish, nuts, seeds and olives as well as to eat enough protein to maintain lean body mass. Essentially, the ketogenic diet promotes a “pseudofasted” state so that after three to four days the body, deprived of dietary sugar and starch, reduces insulin secretion and switches to primarily burning fat for fuel. This is called “ketosis.”

When the body is in ketosis, or is burning fat for fuel, the liver creates

a chemical called ketones, which helps the efficiency of the fat fuel to go to the brain and other tissues. The transition to physiological, or nutritional, ketosis usually takes a week, and it doesn't raise blood levels of ketones as high as what occurs with diabetic ketoacidosis, a life-threatening complication of type 1 diabetes that lowers blood pH.

While there are no long-term studies on ketogenic diets, they do appear to have an advantage for weight loss in the short term. There are several potential factors at play—including the fact that

KETOGENESIS
THE METABOLIC PROCESS IN
WHICH YOUR BODY DOESN'T
HAVE ENOUGH CARBS TO
BURN FOR ENERGY AND
INSTEAD BURNS FAT.
KETONES IN YOUR BREATH,
URINE OR BLOOD LET YOU
KNOW YOU'RE IN KETOSIS.

with any diet that restricts entire food groups, it's possible that reduced dietary variety leads to reduced calorie intake.

“Ketogenic diets dramatically elevate fat burning, which results in a much more stable flow of energy to all organs and tissues, especially the brain,” says Jeff Volek, PhD, RD, a professor in the department of human sciences at Ohio State University. “Cravings and hunger are dramatically reduced and people don't need to eat frequent meals every few hours, which is the case for many on low-fat diets. Calorie restriction is therefore easier and weight loss happens with much less effort.” He also points out that some research studies have found that a ketogenic diet has benefits for individuals with type 2 diabetes and prediabetes.

Likewise, reduction in appetite is a frequently noted effect of the ketogenic diet. This could be because of the satiating effect of protein, despite its restriction to low-to-moderate levels. Or, something about the diet—possibly the ketones themselves—may increase levels of appetite control hormones. In one small 2013 study of adults without diabetes and BMIs in the overweight or obese range, levels of ghrelin (the hunger hormone) and subjective appetite were lower when the subjects were in ketosis, even on a very low-energy diet (VLED) of 500 to 550 calories per day.

However, it's very important to note that after eight weeks on the VLED, subjects began “refeeding,” i.e., “eating normally,” and, at week 10, ratings of hunger and the urge and desire to eat were significantly higher than before their weight loss. In other words, the keto diet works when you're on it, but when people go back to eating the way they did before the diet, they often gain the weight back—and more.

Nevertheless, according to a 2015 article in *Obesity Reviews*, studies have found that individuals adhering to a ketogenic low-carb diet report

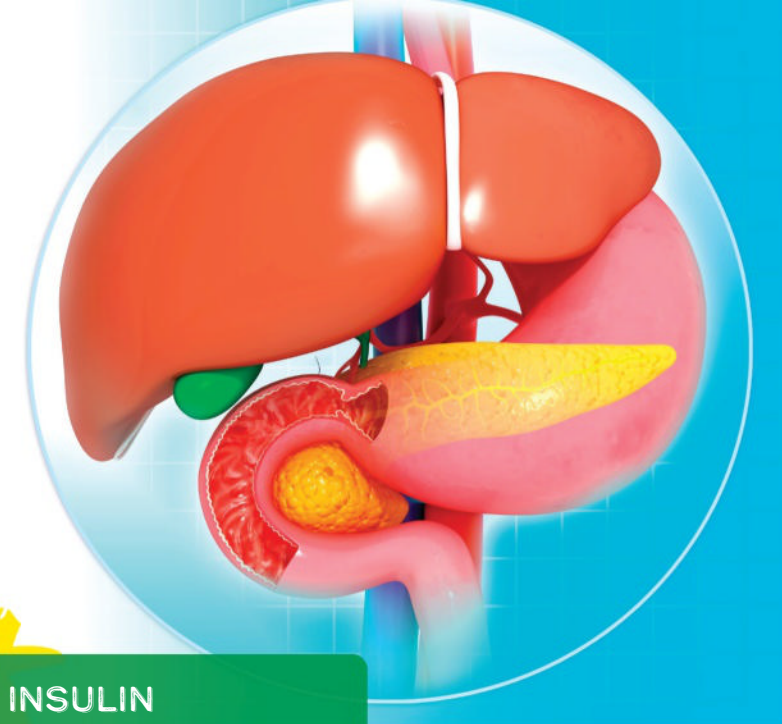


**KETO-
FRIENDLY
MEANS
HIGH IN FAT
AND LOW
IN CARBS.**

significantly less hunger and desire to eat compared with baseline, despite moderate calorie restriction and significant weight loss. In fact, according to the authors, this may be dependent on circulating ketone levels, but a threshold level had yet to be determined, so they also concluded that the data suggest that reducing carbohydrates to less than 50 g per day is unnecessary.

Research also shows benefits for improving insulin sensitivity and glycemic control, although the mechanisms aren't clear. A 12-month study that randomized 34 adults with HbA1c levels above 6% and BMIs above 25 to a very low-carb ketogenic diet or a moderate-carb, calorie-restricted, low-fat diet found that the low-carb group had greater weight loss and reduction of HbA1c (a blood test that measures your average blood sugar levels over the past three months). The low-carb subjects also were more likely to be able to reduce use of diabetes medications. There was no significant difference in LDL cholesterol between the groups at 12 months.

Studies—most of which compare ketogenic diets with low-fat diets—also have found that while LDL cholesterol tends to increase for some people following a ketogenic diet, small, dense LDLs tend to decrease. Triglyceride and HDL cholesterol levels also tend to



INSULIN

A HORMONE CREATED BY YOUR PANCREAS THAT REGULATES YOUR BODY'S USE OF DIETARY CARBOHYDRATES, FATS AND PROTEINS, TURNING FOOD INTO ENERGY.

improve. Some researchers feel that in patients with type 2 diabetes, the benefits of improved glycemic control outweigh potential risks of elevated LDL.

IT TAKES TIME AND THERE ARE SIDE EFFECTS

Monitoring keto levels is a science and requires tools, including finger sticks, urine strips and Breathalyzers, which can be expensive and take time to use. The only really reliable way to measure ketones is by using a blood analyzer, not urine strips or a person's breath.

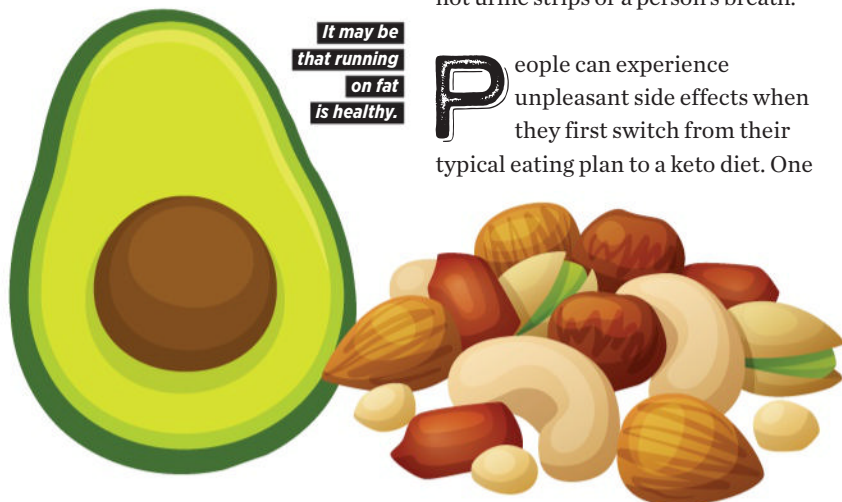
People can experience unpleasant side effects when they first switch from their typical eating plan to a keto diet. One

frequent side effect is the “keto flu,” which can include lightheadedness, fatigue, headaches, nausea and constipation. This is the result of the body's rapid excretion of sodium and fluids as carbohydrates are restricted. Increasing sodium by 1 to 2 grams per day may restore the body's levels to normal.

Individuals also need different amounts of macronutrients in order to keep up with their lifestyle, especially if they exercise a lot. One concern is the loss of muscle tissue beyond what might be expected from any calorie-restricted weight loss diet, possibly because the body is attempting to break down protein to create glucose. A 2017 study published in the *Journal of Clinical Endocrinology and Metabolism* used 0.8 g to 1.2 g protein per kilogram of body weight and observed no loss in muscle tissue, while a 2016 review article in the *International Journal of Sports Nutrition and Exercise Metabolism* found that many studies reporting a decrease in muscle mass after following a very low-carbohydrate diet used “aggressive calorie deficits,” i.e. were very low-calorie, and did not include exercise as part of the intervention.

In other words, everyone needs to eat enough calories to feed their brain

It may be that running on fat is healthy.



and their muscles and to fight muscle loss, so it's important to both practice resistance training while on a keto diet and eat enough protein to feed those muscles in order to stay healthy.

OTHER POTENTIAL ISSUES

True ketogenic diets don't just eliminate sugar and refined carbohydrates; they also curtail legumes (peas, chickpeas and other beans), whole grains, fruit and starchy vegetables, which are all healthy foods that contribute

use the diet for weight loss or diabetes management.

Fiber is critical to good health, including contributing to immune function, controlling inflammation and overall gut health. A healthy gut appears to be directly related to the brain; studies are still determining how the keto diet may or may not be related to anxiety, depression, pain management and other health issues.

Of course, the big question is about health and saturated fats (see page 18). Is the ketogenic diet really the "bacon

BECAUSE SO FEW PEOPLE HAVE DONE KETO FOR A LONG TIME, THERE ARE FEW RELIABLE STUDIES.

vitamins, minerals, antioxidants, phytochemicals and fiber to our diets. Without these food groups, people may not be getting the many nutrients they need to remain healthy. Fiber, for example, promotes a healthy gut microbiota; numerous studies have demonstrated that the ketogenic diet alters the gut microbiota in ways that reduce epileptic seizures, which is important in the treatment of this serious ailment, but research is lacking on the impact in populations who

and butter" diet that lowers rates of heart disease or are keto dieters who focus on healthy fats (nuts, seeds, fish) better off than those eating a lot of fried foods?

In fact, a 2004 study found that a ketogenic diet high in polyunsaturated fats was superior to a saturated fat-rich ketogenic diet by several measures. Getting more plant-based fats from avocados, nuts, seeds, coconut and olive oil will supply more micronutrients as well as heart-healthy fatty acids.

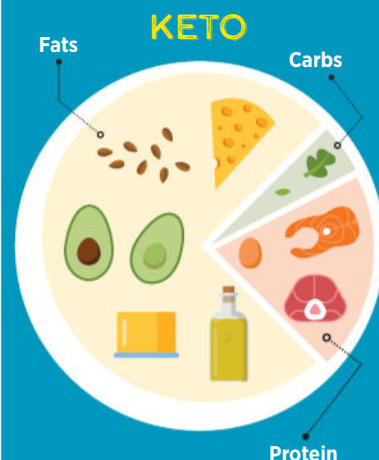
The reality is that many people who attempt the ketogenic diet cycle in and out of it, and that is one of its main drawbacks because while research has demonstrated that some people thrive on lower-fat, higher-carb diets, people who have insulin resistance will find it harder to get back into ketosis each time they stop the diet and try to begin again.

Adapted with the permission of Today's Dietitian ©Great Valley Publishing Co.

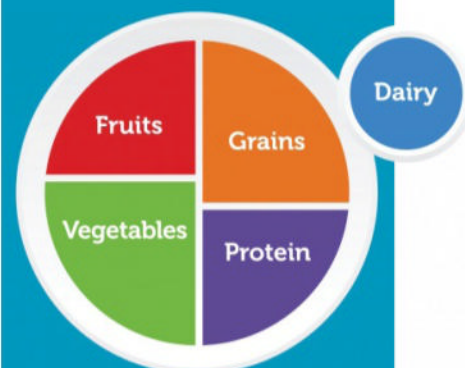
THE KETO DIET VS. MYPLATE

There is no shortage of advice on eating, and even the United States Department of Agriculture offers recommendations on what Americans should put on their plates.

"The guidelines suggested by the USDA are definitely skewed to include a larger proportion of grains than is healthy for most people," says Molly Devine, RD, cookbook author and owner of MSD Nutrition Consulting. "With the skyrocketing prevalence of diabetes and prediabetes in this country, most Americans cannot tolerate the high level of carbohydrates suggested in the food pyramid."



USDA'S MYPLATE



KETOACIDOSIS

DIABETIC KETOACIDOSIS IS A SERIOUS COMPLICATION OF DIABETES THAT OCCURS WHEN YOUR BODY PRODUCES HIGH LEVELS OF BLOOD ACIDS CALLED KETONES. THE CONDITION DEVELOPS WHEN YOUR BODY CAN'T PRODUCE ENOUGH INSULIN. THIS DOES NOT OCCUR ON THE KETO DIET.



SECTION

NO. 1

FAT DOES A BODY



Keto is not just for
weight loss.

GOOD

by SHARON BRANDWEIN

NUTS
AND SEEDS
ARE
SUPERFOODS.



Leaning into low-fat diets to target heart health began in the 1960s, when scientists were able to link body fat with heart disease and obesity. That preliminary research was transformed into many generalizations—and by the 1980s, thanks to a burgeoning dieting industry, people reached for low-fat but high-sugar cookies and snack foods, believing that those processed foods were better for them.

In reality though, while turning away from steak and full-fat ice cream, the actual rates of obesity and type 2 diabetes continued to rise. By the late 1990s, fat was beginning to creep back into the world's good graces: Low-carb diets that were high in both protein and fat became all the rage.

Now, even cardiologists tell their patients to cut out the bread and pasta. But, then what? Are there benefits to the ketogenic diet, which is high fat, moderate protein and low carb, besides quick weight loss?

THE SCIENCE BEHIND THE DIET

There are three macronutrients in foods: protein, carbs and fat, and your body needs all of them to operate at peak performance. Dietary fats are a source of energy, but their work doesn't stop there. They are also crucial to a number of important biological functions, including growth and development.

"Your body needs fat to function," says Emily Spurlock, RD, and nutritionist for the website, Hip2Keto. "For instance, your body uses fat as a precursor to make hormones. Beyond that, every cell wall in your body is made of a lipid bilayer, and your nerves are coated in a myelin sheath, all of which are made of fat."

More importantly, here's something you probably didn't know: Your brain is about 60% fat. But don't worry, it's not the same kind of fat that's on your thighs! According to the National Library



of Medicine, essential fatty acids (EFAs) found in the brain must be obtained from dietary sources. An imbalance in dietary intake of fatty acids is correlated to impaired brain performance and diseases.

Fat feeds your brain, but before you reach for another piece of bacon, you should know that all dietary fats are not created equal. “There are a lot of misconceptions about the keto diet,” says Spurlock. “Many people think it’s eating sticks of butter and bacon. In reality, a well-formulated keto diet focuses on including a wide variety of fat sources, lots of water-based vegetables (as opposed to starchy vegetables) and adequate protein intake.”

High amounts of saturated fats in your diet (like those found in

pork, butter and processed foods) can produce more LDL (aka bad) cholesterol and increase your risk of cardiovascular disease and stroke.

On the other hand, unsaturated fats (like those found in avocados, almonds and olive oil) raise your HDL (good) cholesterol levels, lowering your risk for heart disease and stroke.

Dietary fats come with quite a few health benefits. But to reap the rewards, you have to choose wisely. Moreover, current research indicates that boosting your intake of healthy fats is not enough; it’s equally important to cut back on unhealthy fats.

In this case, omega 3 fatty acids—the essential building blocks of our brain that play important roles in learning and memory—are the rock stars of brain health. Interestingly,

while these fats are crucial for our brain health, our bodies are not able to produce them naturally, so they must come from our diets.

Beyond giving our brain a nice performance boost, current research shows higher quantities of omega-3s can help improve conditions such as attention deficit/hyperactivity disorder (ADHD), depression and bipolar disorders.

Apart from its ability to treat a host of mental illnesses and disorders, there’s mounting evidence to support the use of keto diets to treat neurological and neurodegenerative disorders, specifically Alzheimer’s.

“Since the brain is mostly made of fat, a keto diet is very beneficial to brain health,” Spurlock says. A 2019 study in the *International Journal of Molecular Sciences Research* revealed that the presence of ketones might have a neuroprotective effect on aging brain cells.

Other studies have shown that in addition to serving as fuel for the brain, ketone bodies can reduce

**KEEP CARB INTAKE LOW
EVEN IF YOU DON'T
WANT TO STAY IN KETOSIS
FOR A LONG TIME.**

inflammation—a central mechanism in Alzheimer’s disease.

In fact, Alzheimer’s disease has been called “type 3 diabetes” or “diabetes in the brain”; by keeping blood sugars stable, the keto diet offers yet another tool in the battle against Alzheimer’s because it can help reduce the risk of your brain tissue developing insulin resistance, explains Spurlock.

It is worth noting, however, that while this research is promising, it is still in its early stages, and there is much more work to be done.

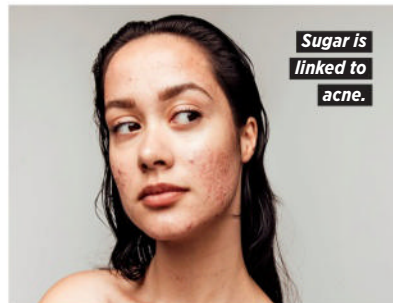
KETO KICKS ACNE TO THE CURB

While researchers have yet to pinpoint the exact cause of acne, diet and blood sugar levels are thought to be contributing factors. Diets that rely heavily on refined carbohydrates and processed food are known disrupters to the delicate balance of gut bacteria. Moreover, anyone consuming these types of foods will experience tremendous fluctuations in their blood sugar levels; for some of them, that may take the form of breakouts.

Here’s the good news: A growing body of research has found that following a low-carb, high-fat keto diet may help make a difference in managing acne.

Likewise, keto may improve the symptoms of polycystic ovary syndrome (PCOS), a hormonal disorder common among women of reproductive age. It can lead to an excess of male hormones, polycystic ovaries, ovulation and menstrual irregularities, weight gain and acne.

Some evidence suggests that a high-carb diet can exacerbate PCOS symptoms, so those suffering from the syndrome may benefit from a keto diet.



Research at this stage is limited, but one notable study showed that participants with PCOS who followed a ketogenic diet showed improvement in several markers of the condition, including weight loss and hormone imbalance. Though the research is promising, scientists may still be a ways away from recommending a keto diet as a standard treatment for PCOS.

THE QUESTION OF KETOSIS

Maybe you’re wondering if you need to be in ketosis to reap the myriad benefits keto has to offer, like improved heart and brain health?

For conditions like PCOS and acne and overarching goals like improved heart health, it looks like the benefits of keto lie largely in the fact that anyone leaning into the ketogenic diet is simply lowering their carb intake, boosting their consumption of healthy fats and reaping the rewards accordingly. Right now, and without definitive research, it seems that ketosis is only sanctioned for those looking to trim their waistline or anyone launching a preemptive strike on Alzheimer’s disease.

“It’s controversial whether or not a person needs to be in a constant state of ketosis,” says Spurlock.

Finally, remember that the fat on your body, not the healthy fats

KETO AND EPILEPSY

The ketogenic diet is one of the oldest treatments for epilepsy. Remarkably, the team at the Mayo Clinic has more than 100 years of experience treating the disorder with a ketogenic diet program dating back to the 1920s.

While the mechanisms by which keto diets control epilepsy are yet to be clearly defined, dozens of studies support the diet’s efficacy in treating the disorder.

Ultimately, ketogenic diets have been shown to reduce seizures both in frequency and severity in adults and children who don’t respond well to drug therapy. According to the Epilepsy Foundation, over half of the children who are put on a keto diet will see at least a 50% reduction in the number of seizures they experience. Even more promising, somewhere around 10% to 15% of children will become seizure-free.

Research has also revealed that good fats do some of the heavy lifting to ease inflammation which research consistently links to heart disease, stroke, diabetes and other conditions.



you eat, also needs some love and appreciation. Ultimately, fat plays such an essential role in our bodies that we can experience some pretty serious health issues without it. “When a person’s body fat percentage is too low for a long period of time, they experience an array of health problems from cardiac issues to low sex drive to brittle bones and depression,” says Spurlock.

SECTION

NO. 1

MEAT YOUR HEART!

Fat is actually good for your ticker!

Portion size
and the type
of fat make
all the
difference.

| by DONNA RASKIN |



For many years, dietitians advised Americans to cut down on the amount of fat they ate. Meat wasn't healthy! Cheese was bad for you! Beware of all that fat! During the 1980s and 1990s, the research on cholesterol seemed to show that fat could clog up your arteries, leading to heart disease. So Americans gamely followed the advice to cut out meat and picked up fat-free cookies and fat-free ice cream.

Nevertheless, there were clues that this information didn't add up. Take, for example, the French paradox. French people, notorious for diets rich in cheese and meat, didn't have the heart disease rates of Americans. Secondly, despite

years of trying to reduce the amount of fat they ate, Americans were getting heavier and their heart disease risks, not to mention the rates of diabetes, rose.

So, what does the research say now, decades after the no-fat '90s?

According to the American Heart Association, “Eating foods with fat is definitely part of a healthy diet. To choose healthier fats, use liquid non-tropical plant oils; low-fat or nonfat instead of full-fat dairy; and, if you eat meat, lean meat or poultry.”



WHOLE FOODS THAT ARE HIGH IN FAT ARE—MANY AGREE—HEART HEALTHY.

Also: “A healthy diet can include the foods you love. Balance your portions and choices to emphasize a healthy overall way of eating,” says the AHA website.

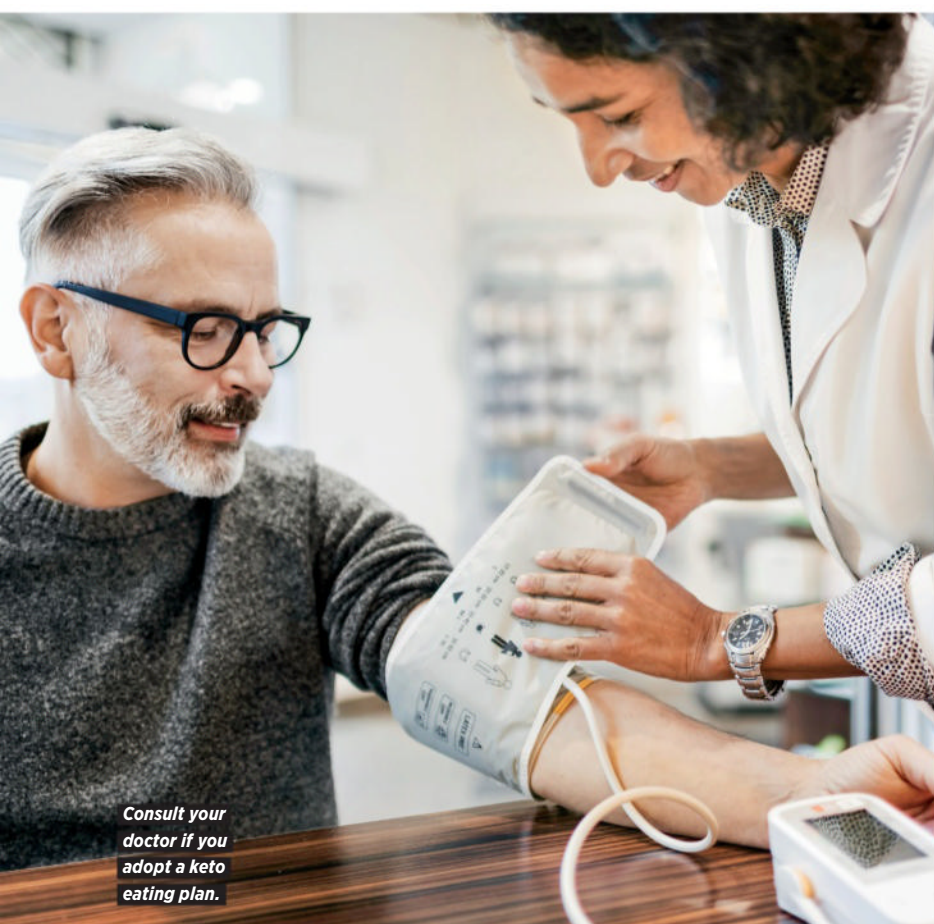
In other words, should you eat steak for breakfast, lunch and dinner? Of course not. Again, according to the AHA, while you will see fast results on a keto diet, following it might not be sustainable over a lifetime, and while the keto diet may lead to a decrease in your blood sugar levels, thus decreasing your risk for diabetes, it might also raise your risk of high cholesterol, and that is an important consideration when deciding whether to go keto or simply low-carb.

DIABETES? CHOLESTEROL?

According to the American Heart Association, while genetics are a major contributor to heart disease, many other risk factors increase the chances that someone might develop heart problems, including high cholesterol levels, high blood pressure, diabetes, obesity and smoking. Of course, the foods you eat can affect cholesterol, blood pressure, diabetes and obesity, but the science no longer points to dietary fat being the culprit in these health problems. Per the Harvard School of Public Health, “The biggest influence on blood cholesterol level is the mix of fats and carbohydrates in your diet—not the amount of fat you eat from food.”

In fact, the American Diabetes Association advises patients to watch their carb levels rather than fat intake. Meanwhile, studies have revealed that high sodium intake is closely related to higher blood pressure.

That said, the American Heart Association and the American Diabetes Association recommend cutting down on saturated fats and foods high in cholesterol (and salt). But according to a 2021 paper published in *Nutrients*, the recommendations suggesting that



Consult your doctor if you adopt a keto eating plan.

A shopping cart filled with various bags of processed foods, including bags of rice, pasta, and other grains. The cart is red and metal. The background is a blurred grocery store aisle.

**HIGH-CARB
PROCESSED
FOODS
HAVE NO
PLACE
ON KETO.**

Always pair
your proteins
with low-carb
veggies.



Americans cut down on saturated fat and cholesterol “have demonstrated a lack of rigorous evidence to support continued recommendations either to limit the consumption of saturated fatty acids or to replace them with polyunsaturated fatty acids.”

So, where does this conflicting advice leave a keto dieter? “Ideally, people should be in touch with their physicians and regularly get their sugar and cholesterol levels tested,” says SaVanna Shoemaker, MS, RDN, LD, in Little Rock, Arkansas. “Your insurance will probably cover this at least once a year.”

This is especially important if you are worried about chronic illness, such as diabetes and heart disease.

PICK UP THE STEAK, PUT DOWN THE CAKE

Despite all the confusion, there is one piece of very reliable nutritional science on which everyone agrees: Too many empty carbs are bad for you. There are three types of carbs: starch, fiber and sugar. Most keto dieters try to stay away from all three. Many dietitians and certainly the AHA and the ADA, however, recommend people eat starches that are high in fiber, such as beans, legumes, whole grains (barley, oats, quinoa, bulgur and brown rice).

FOOD PACKAGED BY NATURE WILL SATISFY YOUR TASTE BUDS AND YOUR HEART.



That’s because a high-fiber diet has been shown to be disease-fighting; it also helps maintain regularity, promotes gut health and lowers cholesterol levels.

The last category of carb, “sugar,” is the one that is most troublesome. These are “empty carbs” that have no redeeming nutritional value. They are highly processed or “refined,” and are low in vitamins, minerals and fiber.

There’s one rule that will help you more than any other, and that is: Eat

**A KEY TO
WEIGHT
LOSS:
ENJOYING
YOUR
MEALS!**

real food. Ultra-processed foods are created by scientists whose job it is to make you want to eat more. But to stay in ketosis, you need to eat very few carbs, even ones, such as lentils and bulgur, that many experts consider to be healthy. Because of the benefits of fiber, many dietitians recommend that when keto-ers do eat carbs, they eat a small portion of veggies, fruit, beans or whole grains, not a cookie. (Others suggest eating low-carb rather than going full keto).

Bottom line: If you stay away from refined foods, you will be taking care of your waistline and your heart.



SECTION

NO. 1

KICK YOUR BRAIN TONE

Riding the waves of **clarity** and **fog** as you adapt to a new way of eating.

| by DONNA RASKIN |



**Meat lovers
have lots to
love on keto.**



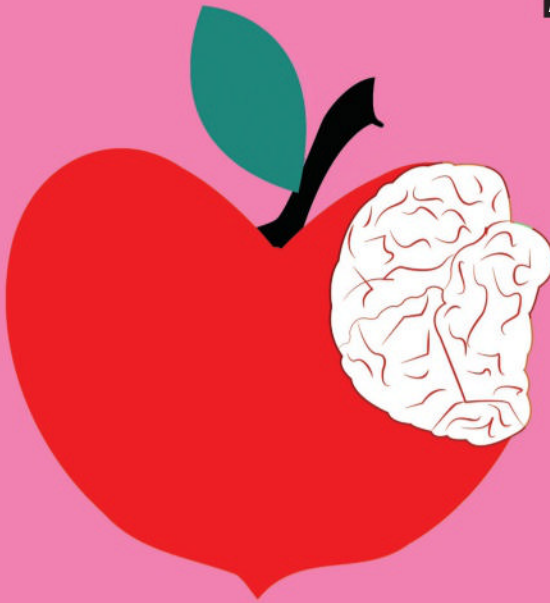
Even without understanding the science, most of us instinctively know that when we're hungry, we're irritable. We even have a word for it: hangry! But the connection between food and mood is more complicated than just how much we eat and when. Choosing healthy fats and proteins rather than pasta and other carbs may not only prevent the hangry, it may also help us live longer and healthier, too.

Here's a little science for you (don't worry, it's easy!): Your liver takes the food you eat and turns it into glucose, which is essentially the fuel that keeps you going.

Without that fuel, you get tired and can't think straight. That's because while the human brain accounts for approximately 2% of body weight, it consumes about 20% of glucose-derived energy, according to *Trends in Neurosciences*. That's why you feel tired when you've been sitting in front of a computer all day and not out running a marathon.

You won't be surprised to learn, though, that not every food is considered premium fuel. The liver quickly transforms carbs into glucose, while protein becomes glucose more slowly.

**Fiber is
linked to
brain health.**



**YOUR BRAIN NEEDS FUEL
TO BE ALERT AND HAPPY.
THE BETTER YOU FEED IT,
THE BETTER YOU'LL FEEL.
ALWAYS FOCUS ON WHOLE
FOODS, NOT PROCESSED.**

Until recently, most food research seemed to support the idea that eating a diet high in healthy carbs would allow us to feel energetic and we would simply “burn off” the extra carbs that we didn’t need for fuel. In fact, the opposite is true: Eat too much and you feel more tired; the body can’t easily deal with those extra carbs.

“After eating a large meal, a lot of blood flow in your body is redirected to the digestive tract so your body can digest the food you just ate,” explains SaVanna Shoemaker, RD, RDN, LD, a nutritionist in Little Rock, Arkansas.

“Additionally, after a carb-heavy meal, you may experience a surge in blood sugar levels followed by a surge in the hormone insulin, which can also make you feel fatigued.”

YOUR BRAIN ON SUGAR

Furthermore, not all carbs are equal. Some carbs (beans, vegetables and fruits) are nutrient-dense and more slowly absorbed and utilized by the liver, while others are “empty” (candy, cake, ice cream, chips, cookies). Those empty carb calories are often accompanied by fat, and are exceedingly high in sugar. These non-nutritious, high-carb foods can lead to extra weight, but that’s not the only problem. It turns out that “foods rich in simple sugars are associated with difficulty in concentration and attention,” according to a paper

published in *Nutrición Hospitalaria* and cited in the *National Library of Medicine*. “The quality and type of dietary fat can also affect intellectual and mental capacity. High saturated fat intake has been related to cognitive deterioration while the consumption of polyunsaturated fatty acids has beneficial effects in their prevention.”

But there’s more! A 2012 study by researchers at the University of California at Los Angeles indicated a relationship between eating fructose (table sugar, honey and other simple carbs) and rapidly aging cells, while a 2009 University of Montreal and Boston College study linked excess glucose (honey, dried fruit) consumption to memory and cognitive deficiencies.

In other words, if we eat too many carbs, especially simple, processed

MOVING FROM A HIGH-CARB DIET TO KETO MAY RESULT IN “BRAIN FOG,” WHICH WILL PASS WITHIN A WEEK.

carbs, we are changing the ability of our body to function at its best.

On the flip side, when we don’t eat foods that easily create glucose, our bodies switch to another form of energy, called ketones, and that energy seems to be, at least in the short-term, better for our waistlines and, maybe (scientists aren’t yet sure), better for our brains.

YOUR BRAIN ON KETONES

While all this science might make you think that giving up carbs and going full keto is a surefire plan for weight loss and lifelong health, that’s not yet

been proven. Some carbs are highly nutritious and, furthermore, because people cycle in and out of keto, there have been few long-term studies.

Nevertheless, research is now underway to learn if, in the long-term, sticking to a keto diet is better for the brain than a high-carb diet since neurodegenerative diseases are characterized by a deterioration of the brain's glucose metabolism. As of now, most studies examining the neuroprotective role of ketones have been with Alzheimer's and Parkinson's disease patients.

The keto diet was originally developed as a treatment for children with epilepsy, and epilepsy is a disorder of the brain. Still, according to the Cleveland Clinic, the long-term side effects can include low-bone density and a higher risk of bone fractures, constipation, high cholesterol, kidney stones, slower growth (again, in children) and feeling tired.



ONCE YOU
CUT BACK
ON SWEETS,
YOU MAY
NOT MISS
THEM.



The minerals
in nuts are
mood boosters.

FEELING HUNGRY AND
IRRITABLE ON KETO MAY
NOT BE FOOD RELATED.
YOU COULD NEED SOME
EXERCISE, A LITTLE REST
OR A LOT OF WATER.
BEFORE REACHING FOR
CARBS, TRY A WORKOUT,
A NAP OR A GLASS OF H2O.

Adults, on the other hand, often report feeling more energetic and clear-headed once they've been on keto for a while.

YOUR BRAIN IN TRANSITION

Unfortunately, we can't easily move from one energy source—glucose—to the other—ketones. Our bodies don't like change.

"Keto is a big adjustment, and you may have a few difficult days when you first start the diet and your body makes the switch from burning carbs to burning fat," says Shoemaker. "The 'keto flu' refers to the fatigue, headaches, leg cramps and other symptoms you may experience during this transition."

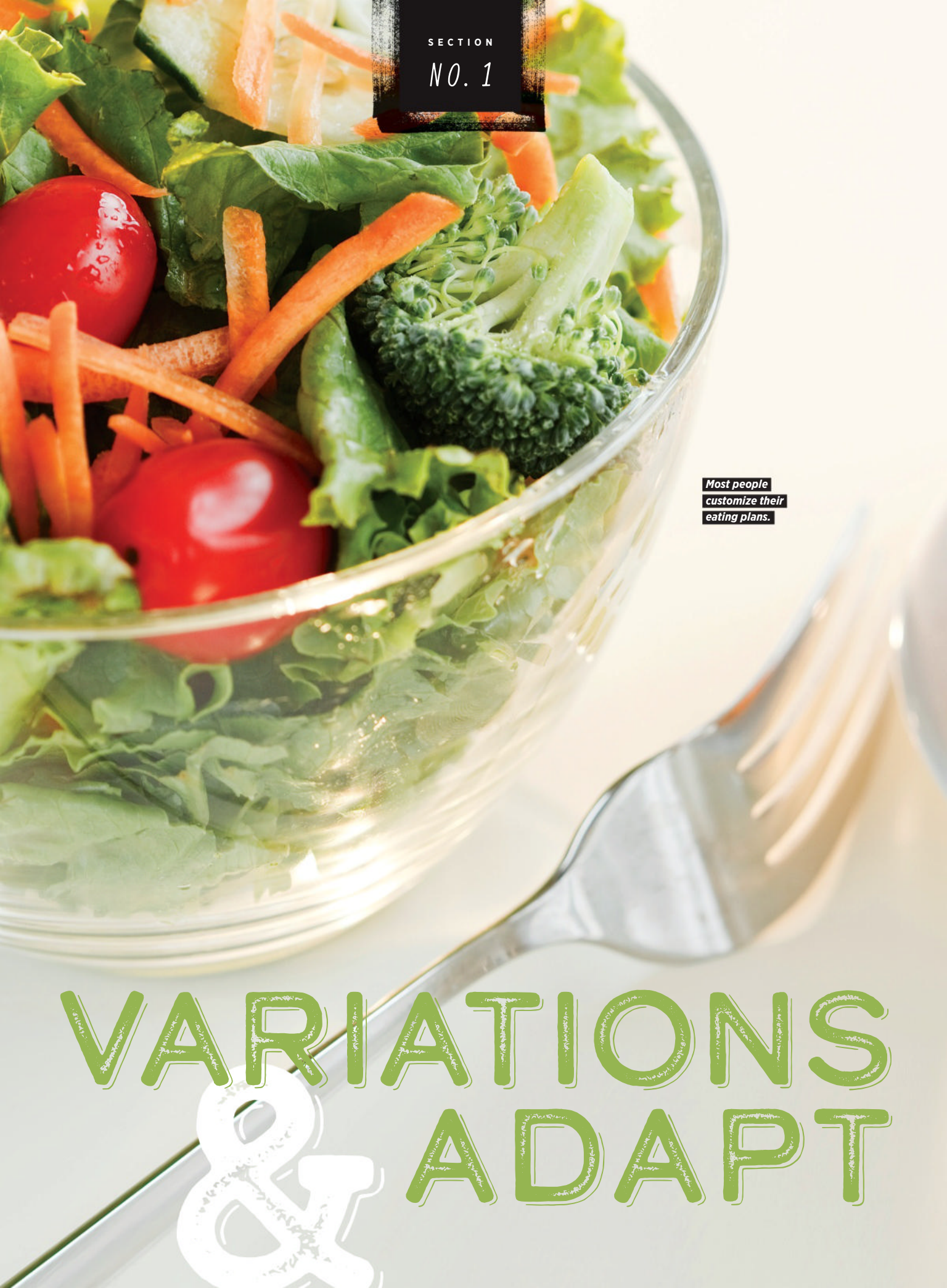
Typically, Shoemaker says, the "flu" only lasts for a couple of days to one week. As you transition into ketosis, your body burns through your glycogen stores, the backup supply of carbs that are stored in your muscles and liver, according to a May 2018 study in the *Journal of Nutrition and Metabolism*. These carbs are stored with large amounts of water, so some of your initial weight loss will be excess H₂O.

So be sure to drink plenty of fluids and supplement with electrolytes (potassium, magnesium and sodium)—as the keto flu is thought to arise from fluid and electrolyte imbalances, says Shoemaker.

If you don't feel well after a week, consider experimenting with variations that allow you to have a higher amount of carbs, especially if you're active. You may not remain in ketosis, but if you keep your carb count lower than it had been, you might still lose weight. In fact, studies have shown that many athletes do best with a low-carb, but not keto, diet.

Focus on a
lifelong plan,
not a fad.





SECTION

NO. 1

Most people
customize their
eating plans.

VARIATIONS & ADAPT



You can **personalize**
the plan to
fit your lifestyle.

| by CHRISTINE LARUSSO |

ATIONS



Maybe you want to go keto, but you can't imagine living a life without chocolate.

Real chocolate. Or maybe it's ice cream. Or even carrots and raisins, two foods that many keto enthusiasts cut out of their diets. Any dietary change, whether your goal is weight loss or health, requires focus, energy and commitment, and keto is no exception.

"Age, activity level, stress and sleep play huge roles in how any dietary intervention works for an individual," explains Molly Devine, RD, a dietitian, cookbook author and owner of MSD Nutrition Consulting.

The truth is, keto "doesn't work for everyone, and some people need to make their own adaptations," Devine says.

LISTEN TO YOUR BODY, DON'T TRY TO FORCE IT TO "FOLLOW THE RULES."

No diet perfectly suits all individuals. Gender and age help determine, for example, how many carbs a person needs to eat, even on a very low-carb plan. More specifically, limiting the amount of carbs you consume can affect your body's insulin response, which can change the levels of cortisol, estrogen, progesterone and testosterone in the body. In turn, an imbalance in sex or stress hormones can negatively impact the other metabolic hormones. Then, despite all the best nutritional efforts, it can stall any weight loss progress. Because of this situation, many peri-, post- and menopausal woman have higher healthy

plant-based carb needs than younger woman. “For this reason and some others,” Devine says, “a ketogenic diet needs to be modified to meet these needs.”

Therefore, like many other nutritionists, Devine works with clients to customize keto to fit their lifestyle and medical needs because there is no “one size fits all” approach to a ketogenic diet for weight loss.

So, if eating less than 10% of your calories from carbohydrates sounds difficult or isn’t an option for you and your particular medical situation, consider a modified keto diet.

INCREASE CARBS...A LITTLE

Devine suggests that in a modified keto diet, 20% of your calories should come from carbs, versus the 5% to 10% allowed with traditional keto. While your body won’t enter a true state of ketosis with modified keto, you should still be able to achieve some of the same goals as traditional keto, including weight loss and lower blood sugar levels.

In fact, if your primary goal is sustainable weight loss, Devine says, adapting your lifestyle to be lower-carb over the long-term is a better plan than trying to stick to the strict ketogenic rules which may only work in the short-term.

First step? Remove most processed carbs and sugars from your diet, then fill your plate with vegetables, healthy fats and quality proteins to keep you satisfied and healthy while safely shedding pounds.

ABOUT THOSE CRAVINGS

But it’s not just about health and dietary needs. For many, the fear of giving up their favorite treat is a big barrier to going keto, and, according to Devine, even after following a strict keto eating plan for weeks, cravings for carbs might still persist. It’s usually psychological cravings

HOW TO CHECK IF YOU ARE IN KETOSIS

There are three types of ketones (acetone, acetoacetate and beta-hydroxybutyrate) and some methods only measure one type.

Your goal is to get your blood monitor reading between 0.5 and 3.0mmol/l. Make sure you test at the same time every day, twice a day, preferably once in the morning and once in the evening.

URINE STRIPS These measure the level of acetoacetate present in your urine. The tests are very easy to use: urinate on them, wait 15 to 30 seconds, and then check the strip. Typically, the darker the strip, the more ketones are present. Over time, your body becomes adapted to keto and fewer ketones will be present in your urine even if you are in a state of ketosis; a blood monitor is a good back-up.



BLOOD MONITORS Blood monitors check for beta-hydroxybutyrate ketones.

BREATH MONITORS If the thought of pricking your finger daily for a blood monitor makes you queasy, you might want to invest in a pricier breath monitor, which measures acetone ketones. They work just like alcohol Breathalyzers, with the opposite goal: You want the final read-out number to only be tested in a fasted state, as alcohol, gum, etc., can affect the reading.

Look at your adaptation as a fun adventure!





that dominate, including hard-to-shake memories of moments shared with loved ones, such as getting the first slice of a sugar-rich cake at your birthday party. So what's the secret to getting past those cravings and committing to keto or a modified low-carb lifestyle?

A few mind-body techniques will help you deal with hankerings. These include short bursts of exercise (see the 10-minute workout on page 42), getting enough sleep, enjoying unprocessed foods and journaling.

Jes Ernst, RD, a Cincinnati-based clinical educator at Keto Mojo, a website that offers meal plans to keto dieters, says anything that affects your blood sugar level can trigger a craving. Look into stress-busting solutions like a midday yoga break and give yourself ample time to

fall asleep—and stay asleep—so your body can recover fully before tackling a new day.

Likewise, Devine stresses that the commercialization of keto as a dietary “trend” has led some people to believe that eating packaged keto brownies is an acceptable meal, but eating processed foods—whether they are labeled keto or not—is unhealthy and can trigger the stress reaction, leading to carb cravings. It’s important to focus on filling your plate with vegetables, plant-based fats and quality meats and seafood.

In addition, keeping a journal can be a helpful coping method, and can assist in monitoring your food intake—how many calories you eat and how many of those calories are from fat, protein and carbs. You should also log your mood each day, to track how the regimen is making you feel, because, ultimately, it should make you feel great. If it doesn’t, then it won’t work for the short- or long-term and it’s best to consult with a dietician to find a plan that works for you.

MIXING KETO WITH OTHER EATING PLANS

Keto isn’t the only path to success, and can be blended with other diets for positive results.

KETO AND INTERMITTENT FASTING

Intermittent fasting might reduce inflammation and assist the body in controlling blood sugar. Jes Ernst, RD, thinks it’s a natural match for keto, helping to “improve brain fog, reduce appetite and kick-start weight loss.” When your body is in a fasted state, it starts to turn to fat for energy.

KETO AND CARB CYCLING

Combining keto with carb cycling has its own term: keto cycling. Under this combined method, you’d follow keto eating rules for three days, and then allow yourself an “off” or “cheat” day in which you can eat more carbs. This can be helpful if you do very strenuous exercise one or two days a week. It can also be useful if you want to give yourself a small break from keto and enjoy a few of your favorite foods without completely going off the rails.

KETO AND WW

Seemingly at odds with each other since WW (formerly Weight Watchers) focuses on calorie-counting (in the form of points) over macro control, but you will likely make heart-healthy choices on WW by choosing leaner meats such as chicken, turkey and seafood, and opting for avocados and coconut for fat intake. Watch out for higher-carb vegetables, because even though they might be “zero” WW points, they can throw you out of ketosis.



SECTION

NO. 2

YOUR ACTION PLAN

Look forward to more energy.





SECTION

No. 2

**Estrogen affects
where women gain
weight, namely the
hips and thighs.**



Feed yourself as if you
love yourself.

| by SAVANNA SHOEMAKER, MS, RDN, LD |



As a woman who has struggled with her weight since childhood, I've always been interested in the interplay between female physiology and weight loss. That's why I became a dietitian and a writer: so I could share my story with others.

Anecdotal experience is actually true: Women do typically have a harder time losing weight than men, but that doesn't mean women should give up! While men are typically

WOMEN AND WEIGHT LOSS

more muscular than women (see sidebar, page 37) and that helps them burn fat, if women strength train and eat right, they can lose fat through diet and become lean, mean, fat-burning machines.

WORK WITH YOUR BODY, NOT AGAINST IT

Estrogen, the dominant sex hormone in women, helps us to hold onto fat in preparation for pregnancy, childbirth and breastfeeding. That's why extreme leanness shouldn't be the goal of most women, and may even be harmful. The average healthy woman of childbearing age has 20% to 30% body fat.

Women who get their periods also experience monthly fluctuations in their energy levels, appetite and mood due to hormonal waves. During the first half of a roughly 28-day cycle (from Day One of their periods to Day 14, ovulation), hormone levels are lower: We feel good, can push ourselves with workouts and find it easier to say no to food cravings. Then, during the last half of the cycle, (Days 15 to 28) we may feel more fatigued and moody. This may be one of the reasons women report having food cravings before getting their periods. Lots of people turn to high-carb foods for a mood lift (especially processed, high-sugar treats), but using this crutch may actually result in additional fatigue.

Of course, we also retain water during these days, so munching on chips or anything high in salt is going to add to both a weight increase and, truthfully, not feeling well. While many high-water content foods, such as watermelon, celery and cucumber, are not typically on keto food lists, it's also true they aren't that high in carbs, so during these two weeks, choose watery foods rather than bread, for example, for your daily carb count.

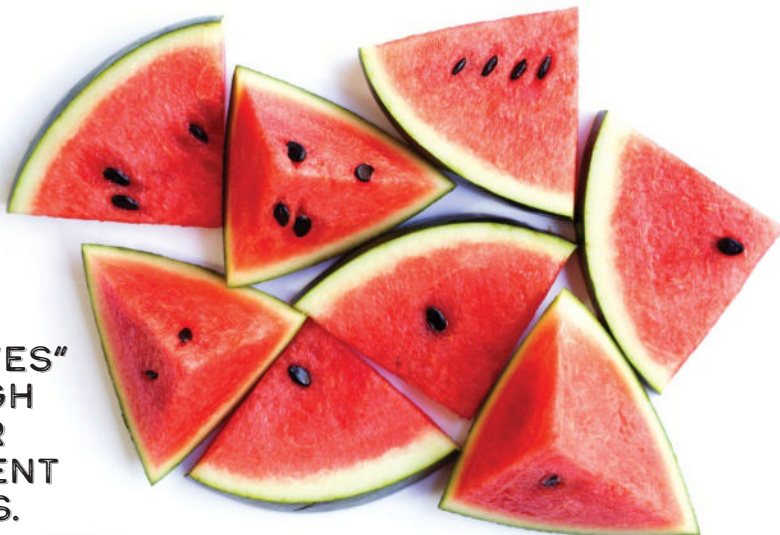
SAY "YES" TO HIGH WATER CONTENT FOODS.

These fight bloating and are good for skin.



FOCUS ON MUSCLE AND BONE STRENGTH

After menopause, estrogen levels decline, and women's bone and muscle mass are both likely to decline. Both bone density and muscle mass are important to good health



and calorie burning, so strength training and weight-bearing cardio exercise, such as walking, are both very important habits to cultivate as we get older.

The more muscle a woman has, the more calories she burns, even at rest, and that makes it easier to lose weight. According to a 2019 study in the *Brazilian Journal of Physical Therapy*, the ideal exercise "prescription" for bone and muscle health for older women is two weekly resistance training sessions (such as weightlifting or body-weight exercises) and four to seven weight-bearing cardio exercise sessions (walking, jogging, bicycling, dance or tennis), with at least two to three hours of balance and mobility exercise (such as yoga or Pilates).

Getting enough rest aids weight loss.



Sound like a lot? The average American woman, according to [insider.com](#), spends almost 10 hours a day looking at a screen. Take just two of those hours to move your body and there is a good chance you will feel better—and look better, too!

PRIORITIZE SLEEP AND STRESS MANAGEMENT

More and more research is finding that good sleep habits are also likely to lead to weight loss. A 2019 study in the journal *Nutrients* found a strong correlation between sleep and metabolic syndrome, a cluster of conditions that include obesity, high blood pressure and high blood sugar

all calories are equal. Macronutrients affect our hormones, including insulin, leptin and ghrelin, in ways that scientists are just beginning to understand.

We do know that the body metabolizes 100 calories of grilled salmon and asparagus differently than 100 calories from a glazed doughnut. The doughnut causes a blood sugar spike, followed by a crash and an urgent need for more food to get another hit of energy. The salmon and asparagus, however, digest slowly—keeping you fuller for longer and keeping your blood sugar levels stable. Meanwhile, these blood sugar spikes also seem to affect our fat stores.

FOCUS ON HOW YOU FEEL, NOT THE NUMBER ON THE SCALE OR A CLOTHING SIZE.

levels. Women with the lowest risk for the syndrome slept on average seven hours each night.

Similarly, being constantly stressed is terrible for our weight and overall health. It makes us crave high-calorie foods that, in a disappointing cycle, ultimately cause changes at a cellular level that make our bodies cling to excess fat.

What's the solution? First, aim for at least seven hours of sleep each night and, if stress is playing a factor in your life, especially if it's affecting your eating, work on becoming aware of the causes and finding possible solutions.

REDUCE CARB INTAKE AND FOCUS ON WHOLE FOODS

Finally, we have to talk about nutrition. We all know by now that we have to eat fewer calories than we use in order to lose weight, but, not

To lose weight without calorie counting, try to stick to minimally processed, lower-carb foods like healthy fats, proteins and vegetables. These foods are the basis of the keto diet, which trains your body to burn fat instead of carbs.

In fact, removing sugary drinks, excess bread and pasta, and highly processed snacks from your diet can help you naturally regulate your calorie intake—and this more flexible eating pattern may reduce the stress that comes from compulsively counting macronutrients.

Overall, a holistic approach to weight loss is the one that will set you up for the most success. Diet is absolutely key, but exercise, sleep, stress management and paying attention to your hormones can help you to find more lasting success and better overall health.

WHY IT'S EASIER FOR MEN TO LOSE WEIGHT

If you've ever tried to diet with your husband or boyfriend, then you already know—men seem to have it so much easier when it comes to weight loss. They have more muscle than women, which means they burn more calories even when they're at rest. Men also naturally have more testosterone—which promotes muscle growth—and less estrogen, which promotes fat storage.

But there's another reason that men more easily lose their fat: location, location, location.

Men tend to have excess abdominal or belly fat, while women typically carry fat in their hips and thighs.

The stereotypical "beer belly" is the most dangerous kind of fat, and can drastically increase the risk of heart disease and other health complications as it grows around the internal organs. Fortunately for men, belly fat is more easily burned off.

So, this is definitely a mixed blessing. Women typically have a harder time losing weight because their bodies don't carry as much risky abdominal fat that the body wants to get rid of—in a hurry!



SECTION

No. 2



SLIPPRING AND SLIDING

The long and winding road of behavior change.

| by DONNA RASKIN |



Making a lifestyle change, such as adopting a new way to eat in order to lose weight and become healthier, is as emotionally challenging as moving or getting a new job. Angela Duckworth, a certified exercise physiologist in Orlando, Florida, specializes in helping people figure out how to reach their goals. She says, like any change, it's important to be patient and prepare for challenges.

Most importantly, says Duckworth, always remember to make sure you adapt the plan to fit into your life rather than trying to force yourself to conform to arbitrary rules that might not actually work for you.

As the editor-in-chief of *The Complete Guide to Keto*, I wanted to find out what a coach would tell me about how to make these dietary changes work for the rest of my life rather than thinking of keto as another fad diet.



SOME OF US START KETO BECAUSE WE REALLY NEED TO LOSE WEIGHT AND NOTHING WE'VE DONE BEFORE HAS WORKED. WHAT ARE SOME OF THE FIRST STEPS PEOPLE SHOULD TAKE BEFORE THEY COMPLETELY CHANGE THE WAY THEY EAT?

A Rather than focusing only on the eating rules, drill down on the real reason you want to make this change and think of the eating changes as steps toward that goal. Often people feel like they need to lose weight and focus on a number, but if that number changes and everything else has remained the same—meaning your clothes fit the same way or you had the same amount of energy or you still need to take

diabetes medication—chances are you wouldn't feel satisfied. Instead, think about non-scale measurables, such as playing more with your kids or having a more restful night's sleep. Focus on the results that will honor you, the individual. Keeping your personal goal in mind and reminding yourself about it along the way can help make the changes sustainable.

Also, along with honoring yourself, give yourself some grace that this is a process. Understand that change and results take time. Change is hard especially when you're trying to do a lot all at once. So, instead, focus on one action that feels both challenging and doable. This can help you feel more successful and give you a foundation for more growth.

Here are some examples: Add one non-starchy vegetable to every meal or eat a handful of nuts at 3 p.m. every day rather than your usual candy bar. This is an easy change that can lead to big results.



PEOPLE TRYING TO STICK TO KETO OFTEN HAVE THE BEST INTENTIONS, BUT THEN SOMETHING WILL SUDDENLY GO WRONG, AND THEY WILL FIND THEMSELVES EATING SOMETHING THEY DIDN'T PLAN TO AND THAT STARTS A SLIDE TOWARD GIVING UP. HOW CAN THEY AVOID THIS SLIDE?

A So many factors can be at play here and this is your opportunity to get curious with yourself because every situation is personal. Taking a moment to ask yourself what's going on and to self-reflect is a powerful practice. Write down your observations in a journal or take a walk and have a conversation

with yourself. I know someone who records a note to herself on her phone. Of course, you can always reach out to someone you trust to chat it out.

Also, don't confuse a "slip" with a "slide." Slips are always going to happen; you can't plan every moment of your life and you need to understand that holding onto a slip is one of the surest ways to start a slide, because you might start to give up. On the other hand, if you expect that there will be slips and you have a plan for when they happen, you will be less likely to slide.



WE OFTEN THINK OF DIETS AS SHORT-TERM, BUT HOW CAN SOMEONE MAINTAIN A HEALTHY WAY OF EATING FOR A LIFETIME?

A When you're looking at any eating or activity plan, always keep yourself in mind. It's OK to put your own spin on any plan and give yourself some wiggle room. In the case of exercise, for example, if you dread the thought of running, you're less likely to stick with it, so choose an exercise you like, such as dancing or swimming. It's the same thing with food. If you make some foods off-limits for the rest of your life, that makes them that much more



desirable because you're telling yourself you can't have them. So find your compromise. That could mean having one cookie instead of six or finding a nutritious swap for a food you enjoy. Have fun and explore what will work for you. Again, let yourself

No one else is in charge of what you put into your mouth or whether or not you exercise.

Of course, sometimes the intention behind the comments is not meant to be helpful. In these cases, it's OK to define your boundaries. Let them

success looks like to you. Is it wearing a specific kind of dress or pants? Is it getting off medication? An eating plan shouldn't be your obsession, just part of the goals you have for yourself and for your life.

If you're following an eating plan because you "have to," explore other ways it's serving you. What impact will eating this way have on things like energy, happiness and your ability to be present for other parts of your life, like playing with your children or feeling good when you go out with friends? This matters more than your actual weight loss journey. If an obsession with your plan is taking away from these other areas, it might be time to look at what changes you can make so your plan serves you long-term.



be curious enough to find out what works for you rather than assuming what works for others is what you should do.

Q HOW CAN PEOPLE DEAL WITH THEIR FRIENDS AND FAMILY WHO COMMENT ON THE NEW WAY THEY ARE EATING?

A This one is tough. You're working diligently on your health and those comments can feel like an attack. You will know best if this person means well or if this is a toxic situation with someone with whom you need to draw boundaries. If you feel these comments are made from a place of love and care, then let that person know you appreciate their support and that you're making every effort to be the best you that you can be. Also, remind yourself that these comments don't possess the power to derail your progress.

know you've heard them and you will do what's best for you. These situations are uncomfortable and it's always OK to cut someone off if they are emotionally harmful to you.

Q WE KNOW IT'S IMPORTANT TO NOT BECOME OVERLY OBSESSED WITH ANY EATING PLAN AND THAT BEING TOO STRICT CAN BE PROBLEMATIC. HOW CAN PEOPLE WHO WANT TO LOSE WEIGHT FIND BALANCE WITH FOOD?

A Food should only be part of your overall goal, so return to what

Q ONCE PEOPLE HAVE FOUND SOME SUCCESS WITH KETO, THEY OFTEN FIND THAT A LOT OF FEELINGS COME UP ABOUT LOOKING DIFFERENT OR MAINTAINING WHAT HAS WORKED FOR THEM. IS THIS ABOUT MOTIVATION OR IS SOMETHING ELSE GOING ON?

A Weight loss is an emotional and psychological process. It's so normal for thoughts and feelings that have been lying dormant to surface when you're making a change like this. All behavior is carried out to meet a need we have. Your habits prior to your weight loss journey were meeting a need and you have to examine what those were and how your actions serve them. It's not always easy to get vulnerable with yourself. Give yourself time to process your feelings and actions.

FOOD IS TIED INTO OUR FEELINGS, SO A DIET CHANGE CAN BE EMOTIONALLY CHARGED.

MEET COMMON CHALLENGES WITH GRACE AND SUCCESS

1 YOU'RE HAPPY TO BE BACK IN THE OFFICE WITH YOUR COWORKERS, BUT THAT MEANS DOUGHNUT WEDNESDAYS AND THANK GOD IT'S FRIDAY COCKTAILS. WHAT TO DO?

The answer here is advanced planning. If you know exactly when and what kind of activity your coworkers have organized, bring something you can eat and enjoy that you can also share with them.

You can also drink light beer and wine; most of them have 3 to 4 grams of carbs per serving. While everyone is eating chips, have some nuts for a healthy fat snack.

2 IT'S YOUR BIRTHDAY AND YOU WANT TO CELEBRATE WITH DINNER OUT. CAN YOU REALLY NOT HAVE A SLICE OF BIRTHDAY CAKE?

You can do anything you like! Remember, any eating plan should



yellow cake mix). The important thing is to ask yourself what aspect of the birthday cake is most important to you—having it taste exactly like you remember? Being able to eat a whole slice?—and make your decision based on your happiness, not on what you think you “should” do.

3 YOU'RE FOLLOWING THE PLAN, BUT THE SCALE ISN'T BUDGING.

There are a few ways to deal with this. First, you can ask yourself what benefits you feel from eating differently that aren't related to the scale. Are you more energetic? Less irritable? Focus on that win! Another option is to try on a dress or pair of pants and see if there is a difference in how they fit. Or, buy yourself a new outfit—it might even be in a smaller size—even though your weight hasn't changed. Finally, imagine you're on a long, scenic drive

and you're in the middle of the journey. Do you want to go back? Just because you're in the middle and you haven't gotten to your final destination, do you consider the trip to be a waste? In many ways, making a big change in your life is like traveling; there are going to be inconveniences and unexpected roadblocks, but you need to focus on the positive aspects of the journey rather than the delays.

4 SOMEONE YOU LOVE IS THREATENED BY YOUR WEIGHT LOSS AND HAS FOUND PASSIVE-AGGRESSIVE WAYS TO TEMPT YOU WITH FOOD.

This is always a very complicated emotional situation. Try to find someone—a friend or therapist—to talk to about what's happening. That person should validate your experience and your feelings. If you feel safe with the person who is trying to sabotage your new eating plan, tell them what you need and ask if it is possible for them to support you. They may not even realize what they are doing. If the person isn't someone who is genuinely able to help, then accept that and create a plan. You may have to write this out to clarify your feelings, as well as ask for support from someone else.



For example, if someone brings in doughnuts every Wednesday, bring in grapes or clementines and leave the bowl near the doughnuts. If it's cocktails in the evening, some alcohols, including gin, tequila, vodka and whiskey, are completely free of carbs. Feel free to add club soda or enjoy them on the rocks.

work for you and your life. If you haven't been eating more than 10 or 20 grams of carbs a day, you might want to have a little less than a full slice of cake as the amount of sugar may actually taste overwhelming. You can always have a keto birthday cake (Duncan Hines makes a keto

SECTION

No. 2

10-T-EE
U
K
N
R

M

W

Take exercise
breaks during
the day.

Brief activity breaks can make a big difference.

by DONNA RASKIN



People try the keto diet for all sorts of reasons, but most participants probably want to drop a few (or a lot of) pounds. Studies have shown that going keto will lead to quick weight loss, but in fact, according to the National Weight Control Registry, 94% of people who lost at least 30 pounds and kept it off for a year included activity in their program. In other words, combining a lot of exercise while sticking to an effective eating plan has

been shown to promote weight loss that lasts for a long time.

"If you want to lose weight, you have to change your diet, and while you're doing that exercise will help you feel strong and confident," says Jennifer Galardi, a certified holistic nutrition and fitness expert based in Southern California. "Exercising on a treadmill for hours is not the key to weight loss, and 10-minute bursts of movement keep your energy up throughout the day and give you the confidence to be consistent with your new eating plan."

While there have been no long-term studies looking at the weight loss that can

result from a combination of the keto diet and exercise, research has unequivocally shown that 10 minutes of exercise even once a day, no matter what eating plan a person follows, will lead to a longer life, according to research published in *JAMA Internal Medicine*.

Even if you are a committed runner, swimmer, dancer or walker, these short movement bursts, as Galardi says, are a wonderful way to feel energized and hopeful about the changes you are making in your life.

UP AND OFF THE COUCH

You can do this high-energy sequence during commercials. In fact, feel free to just do a few during each break. You can do each move from 30 seconds to one minute.

- 1 *Thirty jumping jacks*
- 2 *Thirty squats*

3 *March in place, arms in a goalpost shape; as you march, bring your forearms and hands together in a chest press.*

4 *Hamstring curls while pulling your elbows back*

5 *Alternating leg high kicks*

6 *Jog in place*

7 *Crunches*

8 *Push-ups (on your knees or feet)*

9 *Cat and cow stretches*

10 *Downward Dog*

NEAR YOUR DESK

Since not everyone can truly leave their desk for a 10-minute walk (possibly the best break to take if you

GOT STAIRS?

WALK UP AND DOWN THEN 20 TIMES! WHEN YOU'RE DONE, STAND ON THE FLOOR AT THE BOTTOM OF THE STAIRS, PUT YOUR HANDS ON THE THIRD STEP UP AND DO 10 PUSH-UPS!

sit all day), this 10-minute routine will raise your heart rate. Do each move for one minute.

- 1 Step side to side while raising your arms shoulder height.**
- 2 Alternate curtsy lunges, being sure to look straight ahead.**
- 3 Hold onto your desk with one hand and swing the outside leg back and forth, then switch sides and do the other leg.**
- 4 Pick up a heavy book or filled water bottle, bring it over your head and bend your elbows to work your triceps while you march.**
- 5 Squat while pressing your hands together, elbows out.**
- 6 With feet hip width apart and toes facing out, do pliés with your arms outstretched to sides.**
- 7 Stand with your feet together and raise your heels to do calf raises for**



DANCE!

GO ON YOUTUBE AND LOOK UP ZUMBA VIDEOS. THEY ARE EASY TO FOLLOW AND WILL GET YOUR HEART PUMPING! DO THIS FOR THREE SONGS (SAVE YOUR FAVORITES) AND YOU WILL FEEL LIKE A NEW PERSON!

30 seconds (be sure to keep your abs engaged).

- 8 Run in place for one minute.**

WHEN YOU WAKE UP

If you immediately reach for your phone when you wake up, challenge yourself to put it on the other side of your bedroom so you are forced to get out of bed before you start to scroll. Do one of these activities

for 10 minutes to help break your screen addiction and ignite your metabolism. Your day will get off to a better start when you take your time in the morning.

- 1 Take a few deep breaths and shake yourself out a little to warm up. Roll your shoulders, neck and circle your hips.**
- 2 Reach over your head, keeping your shoulders down and away from your ears, and gently turn your torso from side to side.**
- 3 Move onto all fours and do some cat and cow stretches.**
- 4 Slowly get into a Downward Dog, but keep your knees bent. Pedal your feet to stretch the backs of your legs.**
- 5 Lie on your back and bring one knee in at a time. Bring one leg up**

as high as you can and circle your foot around both ways to stretch your ankle. Repeat on the other side.

- 6 Bring arms out to the sides. Bend your right knee and twist to the left. Repeat on the other side.**
- 7 March or jog in place.**
- 8 Do hamstring curls while pulling arms back.**
- 9 March with high knees while bringing your elbows down toward your knee.**

WHEN YOU NEED A BREAK

“Mind-body” refers to activities, such as yoga and tai chi, in which you focus on your breath while you exercise. Directing your focus this way can help you feel less frazzled because you’re directing your thinking and connecting



Move until you feel your heart rate rise.

WALKING IS THE MOST POPULAR WAY TO EXERCISE FOR WEIGHT LOSS.

this focus to your movement. These are good ways to get started.

1 Sit cross-legged on the floor letting your body weight sink; let your belly and your shoulders sag.

2 Inhale four counts through your nose and let the air go throughout your body and lift your posture.

3 Gently hold that breath for four counts.

4 Exhale through your mouth for eight counts. Repeat 1-4 sequence four times.

5 Roll your head gently in a circle (in both directions). Roll your shoulders forward and back a few times.

6 Put your hands on your knees and, on an inhale, push your chest forward while keeping your shoulders away from your ears.

7 Keep your hands on your knees; on an inhale pull back so your spine makes a C-shape. Repeat these two moves a few times.

8 On an inhale, put your right hand on your left

knee and twist gently to the left. Hold this posture through a few inhales and exhales. Return to center on an inhale and after your next exhale, repeat this to the right side, placing the left hand on the right knee.

9 Stand up and roll your hips from side to side to loosen them.

10 Inhale and imagine you are standing in “good” posture (shoulders away from ears, abs engaged, top of the head toward the ceiling).

11 On a long exhale, roll forward, coming into a forward bend. Don’t worry about how low you go. Instead, focus on your slow breath and feeling the air leave your body.

12 On an inhale, roll back up. Repeat these last two steps a few times.

A move of joy:
arms above
your head!



FARTLEK!

Swedish for “speed play,” a fartlek workout is made up on the spot and lots of fun. It’s especially great to do with kids (who will, of course, love the word). Basically, while outside walking, you’ll find a landmark that you can see, but that’s a little far away, such as a speed limit sign or a big tree. Run to the landmark (you don’t even have to run fast!). Then, walk a little more, and find another landmark. Do this for 10 minutes (or more!). This is a really fun way to segue from walking to running, so the more you fartlek, the farther away each landmark should be.

SECTION

No. 2



IT WORKED FOR US!

These success stories will inspire you.

by STEPHEN SHEEHAN



Even as a longtime rugby player and powerlifter, I struggled to achieve a lean physique despite spending hours on the pitch and in the gym. Admittedly, I was a huge foodie with an affinity for ice cream, and my weight issues dated all the way back to my childhood.

When your mom is affectionately known as “Debbie” Crocker, it’s not easy to stay in shape. Her baking skills were unparalleled, and that led to a few too many sweets and treats for me over the years.

Fortunately, my size allowed me to play offensive line on my high school football team, and I eventually discovered the incredible sport of rugby in college. Unfortunately, after graduating from the University of Florida in 2013, I entered the workforce and proceeded to pack on a few extra pounds. Luckily, one of my close friends introduced me to fueling up with fats and implementing intermittent fasting (IF)—two concepts that changed my life forever.

By swapping carb- and sugar-laden foods with butter, steak, eggs and salmon, I began to reap the benefits associated with this fat-fueled way of eating. Plus, combining keto with a 16:8 IF approach helped me drop about 20 pounds in just a matter of months.

However, like so many others, that all changed with the pandemic. My quarantine experience included poor food choices, and a significantly more sedentary lifestyle. I watched the number on the scale reach an all-time high of 285.

That’s when I went back to the principles that helped me achieve success after my post-graduation weight gain. In January 2022, I re-dedicated myself to my keto journey and working out. Once I switched my mindset, everything changed for the better. By incorporating longer fasts, only eating carbohydrates in my post-training window, and utilizing HIIT-style training, I was able to shed 40 pounds in about four months.

I also like that the keto diet allows me to flex my culinary muscles. Whether it’s pairing perfectly cooked eggs with chicken sausage or marinating and air frying a rib eye, I look forward to creating high-fat, low-carb dishes that support my body’s needs.

As for my sweet tooth?

As someone who used to eat ice cream almost every night, I make sure to keep keto-friendly desserts in my house, such as dark chocolate and avocado ice cream. Of course, nothing beats my mom’s homemade baked goods, and, ultimately, while I believe discipline is the key to achieving success on any diet, I can also attest to the importance of balance and flexibility. So, yes, I sometimes eat a cookie.

Stephen Sheehan is a two-time University of Florida graduate with a passion for sports and nutrition. A rugby player for the past 12 years, he enjoys writing and documenting his experiences with food and fitness.

ATHLETES MUST EAT HEALTHFULLY TO BE AT THEIR BEST.





In August 2015, I attended a family wedding an hour's flight away. The journey was hard on my body and I arrived with swollen ankles and a less-than-enthusiastic mood. I had to keep taking cold baths just to feel half normal. On the day of the wedding, I could hardly fit into my clothes or shoes. I felt dreadful and I couldn't even dance. What a waste.

This was my "aha!" moment.

At 47 years old, I weighed 242 pounds and was diagnosed as a prediabetic with high blood pressure.

Up to this point, I was a very "good" eater, or at least that's what I thought. I had a mom who was a brilliant cook, and our family activities always revolved around meats, potatoes, rice and pudding for dessert. I got married and left home, and that style

of cooking carried on. Also, now with kids of my own, my exercise regimen was nonexistent, so slowly but surely, the weight piled on.

As soon as I got home from the trip, I started researching keto. This would be my future eating plan.

In November 2015, I made one of the best decisions and committed to eating keto. I classified myself as a food/sugar addict, so I treated my bad eating choices as an addiction. From that day forward I vowed never to go back.

Although my weight loss was slow, mainly due to my age and underactive thyroid, I still managed to achieve my goals. Of course, there were obstacles in my head that I had to overcome. I changed my mind about needing to

eat three meals a day and needing a lot of carbs to survive. I also decided that other people's opinions about my lifestyle choices mattered less than the fact that I knew I was on the right track. I was doing this for myself and I deserved to be happy and healthy and to be the best version of myself.

For example, when I would go out for coffee with my friends, they couldn't understand why I was only ordering a black coffee and not a slice of cake, too. I soon realized I was wasting my time explaining, as this was my journey, not theirs. We all have choices to make, and now that I look back, both my body and mind appreciate how satisfying a cup of coffee is, and I am more than content to leave cake behind.

As I lost weight and my energy levels increased, I had this overwhelming

PEOPLE WHO DECIDE TO GO KETO HAVE A MOMENT IN THEIR LIVES WHEN EVERYTHING CHANGES.

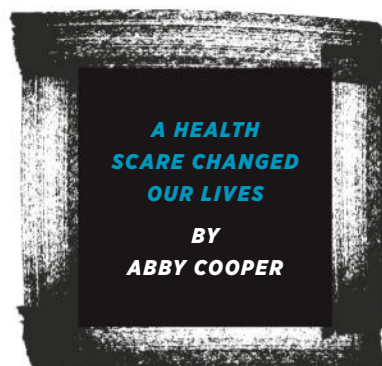


desire to exercise. As time went on, my appetite subsided and intermittent fasting happened naturally. It wasn't something I had to force, but its impact has also been awesome.

After losing nearly 90 pounds, I can't believe I have done it. I'm glad I never gave up because today I can truly say I am free. I am now completely in control of my body and I am not a prisoner to cravings. I have so much more energy and my mental clarity has improved 10-fold. Plus, my mood swings are a thing of the past.

If I can do it, anyone can.

Tracy Krog lives in Harare, Zimbabwe, and is a wife, mother and soon-to-be grandmother.



My journey into the world of keto and low-carb eating didn't start out with an "aha" moment or a desire to lose weight or transform my health. In fact, even though I was sugar's biggest fangirl, I was perfectly happy with my health. I believed I generally ate "healthy." You know, as in the standard American diet kind of healthy.

In 2017, my husband, Ian, and I were getting into the swing of life with a new baby and a toddler, juggling careers and the everyday stressors, when a major health crisis hit.

Ian, who was only 30, suddenly had two grand mal seizures. An MRI revealed a golf-ball-size tumor in his brain. It was glioblastoma, the most deadly and aggressive type of brain cancer. This is a terminal diagnosis for the majority of patients, even with harsh treatments of brain radiation and chemotherapy.

If modern medicine was going to eventually fail him, we knew we had to seek out something else. I fell back on my instincts as a former news reporter, and searched every corner of the Internet seeking out neuro-oncologists doing innovative work. I was looking for answers that might offer a glimmer of a cure for an incurable disease. I didn't have to look long before I learned that a ketogenic diet had been used for decades to treat neurological conditions like epilepsy, autism and even brain tumors. What harm could it do? If Ian was willing to load his body with poisonous chemotherapy, surely a change in diet would be easy.

The day after his diagnosis, Ian began a keto diet and started working with a nutritionist. He used intermittent fasting during his chemotherapy days, which noticeably reduced the side effects like nausea and fatigue. Studies show ketosis can also protect the body's healthy cells while sensitizing cancer cells to treatment. He lost close to 80 pounds after starting a keto diet, combined with daily walks on his lunch break. He tested his blood sugar religiously and worked hard to maintain the right amount of macros to make sure he didn't drop too much weight.

In solidarity, our family transitioned to eating many of the same foods as Ian. I noticed that I felt better when I followed a low-carb lifestyle. It was eye-opening and empowering and maddening all at the same time, realizing that there was so much power in a metabolic therapy like the ketogenic diet—something that was never officially prescribed to my "terminally ill" husband.

After a couple of years of navigating Ian's diagnosis, I left my career in public relations to become a stay-at-home mom and full-time caregiver. I soon combined my passion for low-carb and keto eating with my experience in content creation and launched a keto and low-carb food blog. Since then, I've been privileged and humbled to hear stories of journeys of newfound success with metabolic and nutritional therapies like keto.

For us, this way of eating isn't a trend or fad diet. It's a promising therapy that (in combination with other treatments) allowed Ian to forge ahead despite a death sentence. To this day, he maintains a modified ketogenic diet with the weekly "day off," which almost always involves a classic milkshake, because, well, balance. We're cheers-ing five years and counting, and many milkshakes more.

Abby Cooper is a food blogger and photographer who shares low-carb and keto recipes on stemandspoon.com.



**ALWAYS TALK TO
YOUR DOCTORS ABOUT
PLANS YOU MAY HAVE
REGARDING YOUR DIET.**

SECTION

No. 3

CRAACKING THE KETO CODE

How to shop and eat out when following a high-fat diet.







SECTION

No. 3

THE GREAT KITCHEN MAKEOVER

Stocking up on fresh foods and other keto-friendly staples will make it easier to **stick to the plan.**

| by DONNA RASKIN |

1

Although bacon and cold cuts are allowed on the diet, it's healthier to choose unprocessed meat, poultry and seafood.

2

Despite popular belief, serving sizes do matter on keto: Too much protein can prevent you from achieving ketosis.



Most of us wander through the grocery store—or scroll through our grocery store app—on autopilot.

Up and down the aisles we roam, picking up our son's favorite bag of chips and our daughter's favorite ice cream without a lot of thought. If we use a shopping app, our mindlessness is even more extreme, as we just have to refill our cart with last week's order and—presto!—the food shows up on our doorstep.

Now, though, you are making a big change in the way you eat and it's going to take a little bit of time for you to get used to reading labels and, let's be honest, making choices that aren't the ones you may have been making for years. No bread, but lots of butter. No potatoes, but lots of sour cream. Really, though, you aren't looking to just eat condiments! And you don't want to only eat steaks and bacon—you want real meals that are keto-friendly *and* delicious. These top ten tips will help you get started.

3

Definitely stock up on veggies to fill up—and get necessary fiber and micronutrients.

SHOP AS IF YOU'RE A FARM-TO-TABLE RESTAURANT CHEF.

6

Veggies are so versatile—try them in salads, soups, smoothies, quiches and sauces.

5

Peppers are delicious stuffed with meat and cheese.

4

Fiber-rich broccoli has 4 grams of net carbs per cup, making it one of the most keto-friendly veggies.

7

Many foods—tomatoes, onions, garlic—stay tastier stored on the counter versus in the fridge.

FRESH
FOODS ARE
THE KEY
TO GOOD
NUTRITION.

OILS

MISSING FROM THIS PANTRY ARE SOME OF THE MOST IMPORTANT KETO PANTRY STAPLES: OILS! FOR DRESSINGS AND COOKING, EVERY OIL HAS ITS OWN FLAVOR AND SMOKE POINT. EXPERIMENT TO FIND THE TASTE AND RECIPES YOU LIKE BEST.

8

Use nuts as the base for tasty sauces, such as pesto.

9

Transferring pantry staples to glass jars can keep them fresh longer.

10

Keep snack time interesting with a variety of nuts—almonds, walnuts, hazelnuts, Brazil nuts and cashews.

SECTION

No. 3

RETOOLING YOUR
SHOPPING
LIST

Plan ahead and read nutrition labels.

| by STEPHEN SHEEHAN |

Total Carbohydrate

Dietary Fiber 2g

Sugars 1g

Protein 7g

Vitamin A 0%

YOU COMPARISON SHOP
FOR PRICES—IT'S TIME TO
COMPARISON SHOP FOR
BETTER NUTRITION.



Your keto journey starts with your shopping list. Before you step foot in the grocery store, you should know exactly what—and what doesn't—belong in your shopping cart. Unfortunately, you can quickly sabotage your diet success by purchasing products that don't align with a low-carb, high-fat lifestyle. On your first few trips, allow yourself some extra time to read the nutrition labels to make sure what you're putting in your cart works for your new keto eating plan.

QUEST THIN CRUST 4-CHEESE PIZZA VS. TOMBSTONE ORIGINAL THIN CRUST 5-CHEESE PIZZA

Is it possible to eat pizza on keto? Yes! One-quarter of a Tombstone Pizza contains 31 grams of net carbs; half of a Quest Thin Crust 4-Cheese Pizza, which has a special crust made with dairy protein, contains 6 grams of net carbs and a whopping 27 grams of protein.



QUEST 4-CHEESE PIZZA

About 1/2 pizza

Serving Size	156g
Calories	330 per serving
Total Fat	20g
Saturated Fat	8g
Trans Fat	0g
Cholesterol	45mg
Sodium	780mg
Carbohydrate	25g
Dietary Fiber	19g
Total Sugar	3g
Protein	27g

TOMBSTONE THIN CRUST

About 1/4 pizza

Serving Size	131g
Calories	330 per serving
Total Fat	15g
Saturated Fat	8g
Trans Fat	0g
Cholesterol	25mg
Sodium	630mg
Carbohydrate	33g
Dietary Fiber	2g
Total Sugar	4g
Protein	16g



MIRACLE NOODLE PLANT BASED NOODLES, FETTUCCINE STYLE VS. BARILLA FETTUCCINE

Pasta night can be done right. A 2-ounce serving of Barilla may have 7 grams of protein, but it also has 39 grams of net carbs. For a keto- and paleo-friendly pasta substitute, Miracle Noodle Plant Based Noodles are made from 97% water and 3% plant fiber. Serve with a low-carb, sugar-free tomato sauce and your protein of choice for a macro-friendly weeknight dinner.

MIRACLE NOODLES

About 2 servings per container

Serving Size	3 oz (85g)
Calories	5 per serving
Total Fat	0g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	0mg
Carbohydrate	3g
Dietary Fiber	2g
Total Sugar	0g
Protein	0g

BARILLA FETTUCCINE

About 8 servings per container

Serving Size	2 oz (56g)
Calories	200 per serving
Total Fat	1g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	0mg
Carbohydrate	42g
Dietary Fiber	3g
Total Sugar	1g
Protein	7g



ARNOLD KETO BREAD VS. ARNOLD COUNTRY STYLE WHITE BREAD

Bread is generally off-limits on keto, as it is high in carbs and low in overall nutritional value, but Arnold Keto Bread changes the game. With 4 grams of protein and a minuscule 3 grams of net carbs per slice, you can put together two tasty sandwiches and still be well below the 22-gram carb count for one slice of Country Style White Bread.

ARNOLD KETO BREAD

1 slice

Serving Size	28g
Calories	60 per serving
Total Fat	2g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	150mg
Carbohydrate	11g
Dietary Fiber	8g
Total Sugar	0g
Protein	4g

ARNOLD COUNTRY STYLE WHITE BREAD

1 slice

Serving Size	43g
Calories	120 per serving
Total Fat	2g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	190mg
Carbohydrate	22g
Dietary Fiber	.5g
Total Sugar	2g
Protein	3g

HALO TOP CHOCOLATE ICE CREAM VS. BREYERS CHOCOLATE ICE CREAM

If you love frozen treats, it can be difficult to keep your sweet tooth happy without worrying about kicking yourself out of ketosis. Luckily, there's room on your shopping list for an indulgent, healthy treat. A single serving (2/3 cup) of Halo checks in at 10 grams of net carbs, which makes it very keto-friendly. On the other hand, the same serving of a standard chocolate ice cream has double that amount.

HALO TOP CHOCOLATE ICE CREAM

2/3 cup

Serving Size	85g
Calories	100 per serving
Total Fat	2g
Saturated Fat	1.5g
Trans Fat	0g
Cholesterol	10mg
Sodium	95mg
Carbohydrate	21g
Dietary Fiber	6g
Total Sugar	8g
Protein	6g



BREYERS CHOCOLATE ICE CREAM

2/3 cup

Serving Size	88g
Calories	180 per serving
Total Fat	9g
Saturated Fat	6g
Trans Fat	0g
Cholesterol	25mg
Sodium	70mg
Carbohydrate	22g
Dietary Fiber	1g
Total Sugar	20g
Protein	3g



MR. TORTILLA 1 NET CARB TORTILLAS VS. MISSION FOODS CARB BALANCE FLOUR TORTILLAS

While Mission Foods Carb Balance Flour Tortillas are more keto-friendly than most options on store shelves, they pale in comparison to Mr. Tortilla's, which are made of oat fiber, wheat gluten and whole wheat flour. With just 15 calories and 1 net carb per tortilla, you can enjoy a few with zero guilt. Use these ultra-low-carb tortillas to make breakfast wraps or grill some grass-fed steak, prepare some pico, and make your #TacoTuesday dreams come true.



HELP
ENSURE
SUCCESS
BY NOT
BUYING
CARB-
LADEN
FOODS.

MR. TORTILLA

1 Tortilla	
Serving Size	10g
Calories	15 per serving
Total Fat	.5g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	40mg
Carbohydrate	3g
Dietary Fiber	2g
Total Sugar	0g
Protein	1g

MISSION CARB BALANCE

1 Tortilla	
Serving Size	43g
Calories	70 per serving
Total Fat	3g
Saturated Fat	1g
Trans Fat	0g
Cholesterol	0mg
Sodium	320mg
Carbohydrate	19g
Dietary Fiber	15g
Total Sugar	0g
Protein	5g

MIXED BERRIES VS. BANANAS

Fruits can be tricky to incorporate on keto, but you don't have to totally abandon them. Instead of carb-heavy bananas, switch to berries. Bananas are high in sugar (about 15 grams per one medium, ripe banana), whereas raspberries, blueberries and strawberries are more keto-friendly. Still, you want to think of berries as a treat and eat them in small amounts to avoid going over your daily carb limit.

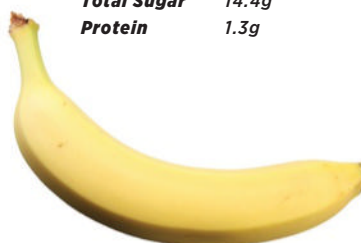


STRAWBERRIES

8 medium/1cup	
Serving Size	140g
Calories	45 per serving
Total Fat	0g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	0mg
Carbohydrate	11g
Dietary Fiber	3g
Total Sugar	7g
Protein	1g

BANANA

1 medium ripe banana	
Serving Size	118g
Calories	105 per serving
Total Fat	.4g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	1.2mg
Carbohydrate	27g
Dietary Fiber	3.1g
Total Sugar	14.4g
Protein	1.3g



BLUE DIAMOND UNSWEETENED VANILLA ALMOND MILK VS. STANDARD 2% MILK

Even if you can tolerate dairy, it's best to go with unsweetened almond milk over 2% milk. Not only does one cup contain a mere 30 calories, but it also has zero grams of sugar and just a single carbohydrate. While an equivalent serving of 2% milk does include 8 grams of protein and 4.6 grams of fat, it also has 14 grams of carbs—nearly half the amount some keto dieters consume in a day.

ALMOND BREEZE UNSWEETENED VANILLA MILK

1 cup	
Serving Size	240ml
Calories	30 per serving
Total Fat	2.5g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	170mg
Carbohydrate	1g
Dietary Fiber	<1g
Total Sugar	0g
Protein	1g

2% MILK

1 cup	
Serving Size	240ml
Calories	140 per serving
Total Fat	5g
Saturated Fat	3g
Trans Fat	0g
Cholesterol	25mg
Sodium	120mg
Carbohydrate	14g
Dietary Fiber	0g
Total Sugar	14g
Protein	8g



KETO PIZZA

YOU CAN EASILY MAKE PIZZA NIGHT WORK FOR ALL DIETARY PREFERENCES. "CAULIFLOWER PIZZA CRUSTS CONTAIN JUST 1 NET CARB WHILE PACKING IN 8 GRAMS OF PROTEIN PER SERVING," SAYS MACKENZIE BURGESS, RDN, REGISTERED DIETITIAN NUTRITIONIST AND RECIPE DEVELOPER AT CHEERFUL CHOICES. IF OTHER FAMILY MEMBERS ARE STILL CRAVING A REGULAR CRUST, SIMPLY MAKE TWO PIZZAS WHILE PILING ON THE SAME INGREDIENTS.

FEEDING A FINICKY FAMILY

Meal-prep strategies that'll help you **stay on track**.

by ALY WALANSKY

**Kids can help
create the family
shopping list.**



The job of feeding a family is never done. It's an exhausting cycle of making breakfast and packing lunches while everyone is rushing out the door and planning healthy dinners after a long day of work and school. This chore quickly gets a lot more difficult when everyone has his or her own food preferences. No one has time to make different dishes for everyone in the family, so how can you be the chef and stick to keto?

First, begin your meal planning by focusing on the common dish that everyone will eat, which is usually a protein. "Grill some fish or chicken, or saute some shrimp and serve that protein with some veggies or a salad," says Rima Kleiner, MS, RD, and owner of Smart Mouth Nutrition in Greensboro, North Carolina. If someone wants carbs, you can add rice or pasta.

Also, find common ground with specific dishes whenever possible rather than create entirely different meals for each person. For example, if your family has a regular pasta night, everyone can enjoy a Bolognese sauce, but the keto dieter can eat it over zucchini noodles while the rest of the family can have regular spaghetti.



BURRITO BOWL

ON TEX-MEX NIGHT, SERVE BURRITO BOWLS FOR DINNER WITH GROUND MEAT, CHEESE, AVOCADO, NON-STARCHY VEGETABLES AND A BASE OF BROWN RICE, WHICH CAN BE REPLACED WITH RICED CAULIFLOWER FOR KETO FOLLOWERS.

Serving buffet style allows everyone to make their perfect bowl.

SERVE MEALS FAMILY STYLE

Gone are the days when kids were told to eat everything on their plate no matter what, and that has led to healthier eating habits. “Encouraging children to choose what they want to put on their own plate empowers them to become independent eaters and allows parents to choose what works best for their eating style or diet needs,” says Kleiner. Instead of plating a meat and three sides, for example,

think do-it-yourself tacos and pizzas. “A taco bar is a favorite in our house,” Kleiner says. “We put out bowls of grilled fish, veggies, beans, cheese and avocado and let everyone top the tortilla of their choice with the fillings of their choice.”

Or try a poke bowl, another great option for each person to mix and match what they like. Offer bases such as quinoa but also cauliflower rice and add a variety of proteins as well as low-carb greens. This results in the whole family eating the same meal, but in a way that works for each person. Plus, it’s just fun.

Grilling is a great way to cook various ingredients and then allow family members to pick and choose their favorites, too. Options can include potato foil packets, veggie

kebabs and grass-fed beef patties. All the ingredients can be cooked together, and there will be the perfect keto-friendly options with few to no carbs for those who don’t want them.

Self-serve dinners are often the best choice not only for children, but also for the person trying to follow a specific food plan. “The keto dieter can add extra fat after the meal is cooked which prevents family members from eating higher fat meals unnecessarily,” says nutritionist Trista Best, RD, from Dalton, Georgia. “They can do this by mixing in cheeses, butter or ghee, as well as other oils.”

When dinner is a carb-heavy family favorite, such as spaghetti and meatballs, serve a keto-friendly substitute, such as “zoodles” (zucchini noodles) in addition to the pasta. If it’s a one-pot dish, such as stir-fry, mix the proteins with the vegetables and serve them over regular rice or cauliflower rice depending on everyone’s preference, suggests Kleiner.

Of course, it’s OK to rely on convenience items so you’re not cooking both pasta and zoodles or rice and cauli-rice. Store-bought veggie “noodles” made from spaghetti squash, for example, and frozen or pre-grated cauliflower are affordable and heat-and-eat keto-friendly options.

HEALTHY SNACK FATS

To keep it simple at lunch and snack time, stick with easy and healthy



Skewers are another great meal to personalize.

Sub high-protein noodles
or zoodles for pasta.



low-carb offerings the whole family will love. “Don’t assume that because it’s a lower-carb option that the kids or non-keto adults won’t like it,” says Kleiner. Focus on dishes that pack in heart-healthy proteins and fats to help fuel the entire household.

Also, everyone in the family, no matter their favorite diet or foods, should choose their fats wisely. “While saturated fat sources like cheese and ground beef are fine in moderation, focus primarily on good for you fats, such as avocado, nuts, seeds, olive oil and fatty fish,” says Mia Syn, MS, RDN, who is based in Charleston, South Carolina.

This is especially true for snack foods. Family-size bags of chips and pretzels aren’t ever a healthy option. Handfuls of nuts and seeds, as well as bite-size vegetables with Greek yogurt are always better options than processed snacks.

KETO-FRIENDLY SUBSTITUTIONS

- *Steak, broccoli and baked potato: Skip the potato and add mushrooms and spinach.*
- *Grilled chicken thighs, zucchini and onions over pasta: Replace pasta with spaghetti squash.*
- *Burger and a large salad: Just skip the bun!*
- *Pork chops, sauteed green beans and rice: Sub riced cauliflower for the rice.*
- *Baked salmon, asparagus and garlic mashed potatoes: Replace the potato with mashed cauliflower.*
- *Meat-and-cheese lasagna: Rather than pasta, stuff portobello mushrooms with meat, sauce and cheese, or replace the noodles with thin zucchini slices.*
- *Beef tacos: Sub Boston lettuce leaves for shells; skip the rice and beans.*

WANT TO MAKE THINGS EVEN EASIER?

There are some great frozen meals available at your local grocery store.



CAULI'FLOUR KETO PIZZA CRUSTS

Perfect to pop in the oven or air fryer, these

crusts have 1g net carbs per serving and are made with cauliflower, mozzarella and egg whites and Italian seasonings. Use them to make pizza, a flat bread or a wrap.



REALGOOD CRISPY CHICKEN TACO SHELLS

Taco night just got easier with these

crispy frozen tacos that are loaded with 25g protein but only 2g carbs per serving.



PRIMAL KITCHEN CHICKEN PANANG CURRY BOWL

Loaded with protein from

dark meat chicken, they are gluten- and grain-free for a hearty and savory meal that won't derail your Keto diet. They can easily be heated in the microwave.



KEVIN'S CILANTRO LIME CHICKEN

These high-protein, low-carb entrees are keto-

certified and also gluten-free. They come in other flavor-packed options that are fully cooked and reheated in just a few minutes.

SECTION

NO. 3

COMING TO RESTAURANT NEAR YOU

Focus on laughter and conversation in order to make healthy choices.

| by DONNA RASKIN |



It's true: When you're on keto, you'll have to say "no" to bread

baskets and bowls of pasta. Fortunately, though, you can instead say "yes" to many of life's most delicious meals because while carbs are often bland and tasteless (let's face it, it's the butter, cheese and sour cream that make them so good), fat and protein taste great! In fact, if you watch most TV cooking shows, you've probably noticed the cheftestants almost always design their winning dishes around a protein and lots of delicious fat, such as butter and olive oil. Rest assured your restaurant meals will be just as enjoyable as they've always been. Actually, better, because you won't be tired after you eat and you won't have gained any weight when you get on the scale the next morning. And don't worry, you can still have wine or a cocktail! In fact, your dining companions may not even realize you're on keto.

Read menus online before picking a restaurant to be sure it offers keto-friendly options.

"If you want to enjoy an evening out and stay on plan, there are a few go-to meals I always recommend," says SaVanna Shoemaker, MS, RDN, LD, a dietitian in Little Rock, Arkansas. "The first is steak or salmon with a vegetable side."

If it's a challenge for you to watch others eat bread, Shoemaker suggests immediately ordering either a charcuterie board (if you're at a fancy restaurant) or other protein-centered appetizer to keep your hands busy and quell your hunger. "High-salt

processed meats aren't the healthiest choices," she adds, "but a couple of slices while you drink some water will allow you to feel satisfied if the other dinner guests are devouring the basket of bread."

It may take some practice, but studies have shown that we can actually eat more healthfully when we are with our friends and family if we focus not only on what we eat, but also how we eat. In a 2021 article published in the *International Journal of Environmental Research and Public Health*, researchers spoke to parents about the importance of "conviviality" in their ability to impart healthy eating habits to their children. "Items relating to the conviviality of family meals identified in the study were meal frequency, meals at the table, lack

TO EAT MINDFULLY, PAY ATTENTION TO THE SMELL, TASTE AND TEXTURE OF THE FOOD.

of digital distractions, pleasant conversations and time spent on family meals," the study authors wrote. In other words, focus on the people and conversation, not just on the food.

This is great advice for everyone who wants to make healthy choices not only at home, but at a restaurant. Make eye contact with your companions (put away that phone!), ask questions and listen to the replies of your friends and family.

But what if you're eating alone? Well, this situation has both positives and negatives associated with it. Studies have shown that people eat more when they are with family and friends, so eating alone may support making healthier choices

and help you stop when you're full. However, it's also true that eating alone can be, well...lonely.

So, first, you might try going to a restaurant that allows you to eat at the bar or watch the chefs so that you'll have some interaction with staff and diners who might be also eating on their own. Of course, you can also invite others to join you for a meal. You may be shy to ask neighbors to come to dinner or to meet you at a restaurant, but the risk of rejection brings with it the chance of acceptance and a new friend! Finally, if you want to go out to dinner with others, consider joining a dining club or taking cooking classes, as you will likely meet people who also enjoy restaurants.

CONVIVIALITY

NOUN. A FRIENDLY OR AGREEABLE QUALITY; FEASTING, DRINKING AND MERRY COMPANY; A FESTIVE QUALITY. FOCUS ON THE COMPANY YOU ARE WITH RATHER THAN THE FOOD YOU ARE EATING TO HELP MAKE HEALTHIER CHOICES.





HOW TO READ A MENU

Before you head out with your friends and family, consider first the type of restaurant that might support keto-friendly choices: Japanese, barbecue, burger joints and seafood are some of your best bets, assuming, of course, that you stay away from rice, breaded items and cornbread, among other high-carb offerings.

If you end up at an Italian restaurant, you will know, of course, to stay away from pasta, but remember that steak is lower in carbs than meatballs (which contain breadcrumbs). You also can't go wrong with unbreaded seafood.

While salads might seem safe, Shoemaker suggests asking some questions. "These can have some sneaky high-carb ingredients, so you'll want to leave off croutons, tortilla strips, fried onion strings and fruit," she says. "Choose a grilled protein rather than a fried one, if you can add one to the salad, and stick to a creamy dressing or simple oil and vinegar. Fruity vinaigrettes tend to have lots of sugar."

Obviously, you'll be skipping dessert, but if you want a little treat, add whipped cream to your coffee.

FAST FOOD: HIGH IN FAT, BUT ALSO SALT

Before the keto diet, fast food lovers were told that burgers weren't healthy choices, then, lo and behold, with new research, many of us are choosing to eat burgers (while skipping the buns). Unfortunately, some of the health information has gotten lost in our eagerness to enjoy meat again. The reality is that fast food dishes are often high in carbs because of fillers; they are also very high in salt. A Big Mac, for example, has over 1,000 milligrams of sodium, which is half of what a woman should eat in a day. It's also why you might feel bloated after a fast food meal.

Still, at times, fast food is what's available, so Shoemaker suggests a bunless burger. "Don't be embarrassed to ask for no bun," she says. "Your server or cashier has probably heard the same request many times before."

Stay away from ketchup, pickles and any special sauce (it probably has sugar in it), Shoemaker adds. The ketchup in that little packet has 4.5 grams of carbs, so stick with mustard and the tomato and lettuce.

"You're safer with the bunless burger than you are with the salads," says Shoemaker. "They are high in carbs and don't add any nutritional value."

Finally, be sure you drink lots of water, especially if you're eating at a high-salt fast food joint. "After giving up the buns and fries, you don't want to wake up the next morning feeling bloated just because your meal was salty," Shoemaker says.

Remember that eating out, whether fine dining, at a chain restaurant or fast food, should be considered a treat rather than a regular habit. Nutrition research has found that people who cook for themselves eat healthier. A homemade burger will have much

DRINK TO SUCCESS!

Nothing says conviviality like a cocktail, and after giving up pasta, potatoes and rice, one of the first questions keto dieters have is, "Can I still drink?"

"Drinking can be a little tricky," says registered dietitian and nutritionist SaVanna Shoemaker, MS, RDN, LD. "Mixers are high in carbs, so margaritas and cocktails are out."

Fortunately, straight spirits like vodka and whiskey are free of carbs, but, of course, that doesn't mean you should drink frequently. "Alcohol can slow down your weight loss," Shoemaker adds. "Per gram, it's higher in calories than both protein and carbs, and we know that drinking can affect the food choices we make, as well as interfere with our absorption of nutrients."

If you do want to have a drink, stick to a spirit and add water or soda to dilute the alcohol and allow yourself to enjoy sipping it a little longer.

And just like your meals, focus on the good conversation and time shared with friends and family, rather than on the alcohol itself.

less salt and more nutrients than a fast food one.

No matter the situation, though, slow down, eat mindfully and enjoy the company even if it's just your own. "Savoring each bite and appreciating your meal will help you to not overeat," Shoemaker says. "Mindless eating is more likely to lead to overeating and poor choices."



SECTION

No. 3

KETO WITHOUT MEAT

Vegans, vegetarians and pescatarians
can follow the plan, too!

by DONNA RASKIN



Meat Eaters vs. Tree Huggers. Can two seemingly disparate lifestyles—keto and veganism—co-exist? Can people who don't eat meat achieve ketosis?

First, the good news: Yes! It's possible to follow keto without eating animals or animal products. However, if you want to eat both vegan and keto, you will have to plan your menus very carefully, because you'll have to limit vegan staples and find creative ways to boost your fat and protein intake.

Let's review: The keto eating plan requires that 60% to 80% of your total calories come from fat and between 10% to 30% come from protein, while no more than 5% to 10% come from carbs. Typically that means very little fruit, vegetables or even beans because, for example, a cup of lentils

has almost 40 grams of carbs, which is almost twice the amount of carbs someone on keto will typically eat in a day; lentils are, however, a great source of plant protein.

"Going keto while being vegan or vegetarian can be tough, but it is possible," says SaVanna Shoemaker, MS, RDN, LD, a dietitian in Little Rock, Arkansas. "Be open to the idea of naturally settling at a slightly higher carbohydrate level, because most plant-based proteins are higher in carbs."

It isn't that a vegan or vegetarian diet is necessarily extremely high in carbs. In general, cutting out eggs and butter, for example, means vegans aren't eating high-sugar cakes and cookies. Nevertheless, some of the foods that replace animal protein, such as lentils, are high in carbs, so vegans and vegetarians will have to make some choices about what works best for their bodies.



Tofu is higher in fat and protein than carbs.

Whatever your reasons for limiting your intake of animal products, you should applaud yourself for wanting to be conscientious about the way you take care of yourself and for taking the time to think carefully about your food choices.

NOTHING WITH OR FROM A FACE

Vegans do not eat any animals or animal products, so along with meat and fish, they avoid eggs, butter and cheese, among other foods. And, on the (very!) healthy side, because the eating plan is typically high in whole

VEGETARIANS

WILL HAVE TO BE CREATIVE IN CHOOSING PROTEIN SOURCES.



Keto is easy for pescatarians, as fatty fish are a great source of healthy fats.



Research shows that vegans get plenty of protein.

grains, fruits, beans and vegetables, vegan diets are often rich in fiber, antioxidants, vitamins and the minerals potassium, magnesium and folate. However, without animal products, a vegan eater may not get enough B vitamins, as well as other nutrients, such as calcium, iodine and zinc. Also, although vegan diets can be high in iron, it isn't always the form of iron that the body can easily absorb.

So, vegans need to look for highly nutritious foods to get their fat and protein because if vegan dieters want to go into ketosis, they will have to add healthy and natural fats into their diet while decreasing the amount of carbs they eat, and this is a real challenge.

"I generally recommend including nuts, seeds, tofu and fermented soy products, and some legumes as their primary protein sources," says Shoemaker. For fat, vegans (and vegetarians) can consume many of the same foods that others on keto gravitate toward: avocados, olive oil, coconut oil and avocado oil.

VEGANS MAY NEED TO ADD BEANS AND LEGUMES TO THEIR DIET FOR MICRONUTRIENTS.

A vegan-keto dieter is going to have to spend some time researching recipes and food products that have the right balance of macronutrients; many of them will need to incorporate meat substitutes (see sidebar, page 71) to get enough protein.

NOW A WORD FOR VEGETARIANS

Typically, vegetarians don't eat animals themselves, but do consume foods that come from animals, such as honey (not a keto food!) and cheese (a great keto food!).

"If you are OK with eggs and dairy, it will be much easier to stay on the keto plan," says Shoemaker. "Another great option is Greek yogurt."

Plant-based oils add variety to all eating plans.



Again, though, like vegans, if you are a vegetarian who wants to stay in ketosis, you'll have to watch your consumption of foods such as peas and beans, which are both high in plant protein and carbs.

GOT FISH?

Fish have faces, of course, but if you can deal with eating animals that swim rather than run or fly, being pescatarian might be the ideal balance of high-fat and protein and low-carb.

"A pescatarian keto diet is a great approach," says Shoemaker. "There are numerous other benefits to including fish in your diet regularly, like the many minerals they contain and their omega-3 content. Most people aren't getting enough omega-3 fats in their diet, which may make them more susceptible to inflammation. Omega-3s may also improve your heart and brain health."

Since high-quality and sustainably caught fish can be expensive, remember that you don't need a lot to get the right amount of fat and protein. Don't think you need restaurant-size servings! A serving of fish is six ounces cooked, which is about the size of your hand (your palm is three ounces, so use your fingers).

FINDING TIME AND PAYING ATTENTION

There's no getting around the reality that focusing this much attention to what you eat and combining two very specific ways of eating takes extra time. However, it's important to not become too compulsive about all the macronutrients details. "Stressing out over food is far worse for your health than compromising on either the vegetarian or the keto portion of your diet," says Shoemaker. "Doing both is great, but either one can provide numerous health benefits as long as you focus on whole, minimally processed foods."



MEAT SUBSTITUTES

It's a common scenario for vegans and vegetarians: They want to eat a keto-friendly meal, but aren't sure how to get all the quality fat and protein they need. Tofu and tempeh have been around for centuries, but it's difficult to replicate the experience of eating a burger or chicken wings with fermented soy. To solve this problem, the food industry has created products that are supposed to taste and look like meat.

To be sure, many vegans and vegetarians aren't looking to eat anything that looks like meat, but it's still true that meat substitutes can help them vary their meal options.

To find the right meat substitute for you, "First, consider what function the vegan substitute serves in your meal. Are you looking for protein, flavor or texture?" says nutritionist SaVanna

Shoemaker, MS, RDN, LD. "If you're using the vegan meat substitute as the main source of protein in your meal, then examine labels to find an option that contains protein. If you follow a vegan or vegetarian diet, look for nutrients that are typically low in these diets, like iron, vitamin B12 and calcium. If you follow a special diet that forbids such things as gluten or soy, look for products that do not contain these."

According to Consumer Reports, the best testing and most meat-like of the substitutes are

the many products made by Impossible and Beyond. It's important, however, to know that in order to get the feel and taste of high-fat meat, these products contain highly saturated coconut or palm oil, as well as a lot of sodium. In other words, just because it isn't meat, doesn't mean the food is automatically healthier for you, or that it doesn't have a large impact on the environment.

In fact, most studies that look at the detrimental effects of different diets have not yet begun to study the long-term effects of processed fake meat. However, many studies have shown that eating fresh, whole food is far better for health than eating processed food.

In the end, says Shoemaker, "Most plant-based meats are highly processed, so they shouldn't make up the bulk of the protein in your diet."





SECTION

NO. 4

TIME TO COOK

Delicious keto dishes
that will enliven
your **recipe repertoire**.



SECTION

NO. 4

The Ultimate
Coffee Smoothie

YUMMY BREAKFASTS

Options for every appetite.

| by SHEA ZUKOWSKI |



Sweet or savory? Breakfast means something different to each of us, but everyone knows that too much sugar and too many calories can mean an energy slump mid-morning. At the same time, if you don't eat breakfast, you might not have enough energy to make it to lunch.

These recipes are designed for all appetites and all different types of mornings, but they have one thing in common: They start your day the keto way. You'll feel satiated, have a steady level of energy and will be in ketosis throughout the morning.

THE ULTIMATE COFFEE SMOOTHIE

Makes 1 Serving

Missing your favorite cafe treat? You'll feel like a proud barista whipping up this coffee-laced smoothie for breakfast.

INGREDIENTS

- 1 tablespoon freeze-dried instant coffee granules
- ½ cup room-temperature water
- ⅓ cup heavy cream
- 2 tablespoons Swerve granulated zero-calorie sweetener
- 2 tablespoons no-sugar-added vanilla-flavored whey protein powder
- 1 tablespoon almond butter
- 1 cup ice cubes

DIRECTIONS

- 1 In a glass measuring cup, stir together the coffee and water until the coffee granules dissolve.
- 2 Transfer the coffee to a blender along with the cream, Swerve, protein powder, almond butter and ice.
- 3 Whirl until smooth.

Per Serving Calories: 425; Protein: 18g; Fat: 37g; Carbs: 8g; Fiber: 2g; Net Carbs: 6g



Spinach and
Ham Quiche Cups

SPINACH AND HAM QUICHE CUPS

Makes 6 Servings

Whip up a batch of these for a perfect quick meal on the go.

INGREDIENTS

- 12 large eggs
- Olive oil
- Salt and freshly ground black pepper
- ¼ pound deli ham, chopped
- 1 cup baby spinach, chopped
- ½ onion, finely chopped
- ½ bell pepper, finely chopped
- 1½ cups shredded cheddar
- ¼ pound cooked bacon, chopped (optional)

DIRECTIONS

- 1 Preheat the oven to 350 F. Brush a 12-cup muffin tin with olive oil and set aside.

- 2 In a large bowl, whisk the eggs and season to taste with salt and pepper. Add the ham, spinach, onion, bell pepper and cheddar.
- 3 Stir until thoroughly combined. Distribute the mixture among the prepared muffin cups.
- 4 Bake for 20 minutes until the liquid is set and tops begin to brown. Remove from oven and let cool for 10 minutes.
- 5 Run a knife along the inside of the cups to loosen the muffins. Top with bacon (if desired).
- 6 If saving for later, let cool completely before refrigerating in individual containers. Reheat in the microwave.

Per Serving (Two Quiches) Calories:

290; Protein: 23g; Fat: 20g; Carbs: 3g; Fiber: 0g; Net Carbs: 3g

TRY TO GET
A SERVING
OF VEGGIES
IN YOUR
BREAKFAST!



VERY BLUEBERRY MUFFINS

Makes 12 Servings

Wake up to something sweet on keto? Of course you can! These sturdy muffins rely on almond flour vs. wheat flour, which makes them a perfect choice for mornings when you want something bakery-fresh that won't derail your diet.

INGREDIENTS

- 2½ cups almond flour**
- ⅓ cup Swerve granulated zero-calorie sweetener**
- 1½ teaspoons baking powder**
- ½ teaspoon baking soda**
- ¼ teaspoon salt**
- 5 tablespoons unsalted butter, melted**
- ⅓ cup unsweetened almond milk**
- 3 large eggs**
- 1 teaspoon vanilla extract**
- 1 cup fresh blueberries**

DIRECTIONS

- 1** Preheat the oven to 350 F. Line a 12-cup muffin tin with cupcake liners and set aside.
- 2** In a large bowl, combine the almond flour, Swerve, baking powder, baking soda and salt. Mix until thoroughly combined.
- 3** Add the butter, almond milk, eggs and vanilla extract and mix again until the batter is smooth. Using a silicone spatula, gently fold the blueberries into the batter.
- 4** Divide the batter among the muffin cups and bake until slightly golden and a toothpick inserted into the center of a muffin comes out clean, about 25 minutes. Let cool slightly before serving.

Per Serving *Calories: 200; Protein: 8g; Fat: 14g; Carbs: 10g; Fiber: 2g; Net Carbs: 8g*



DRINKING
BREAKFAST
CAN
SAVE TIME.

STRAWBERRY-AVOCADO SMOOTHIE

Makes 1 Serving

This smoothie is an easy way to get a head start on the amount of healthy fresh fruit and vegetables you need for the day. Make sure to use baby kale because the leaves are far more tender than when they are mature and will be practically unnoticeable in your finished drink.

INGREDIENTS

- 3 large strawberries, hulled and halved
- ½ avocado, pitted and peeled
- ½ cup baby kale
- ½ cup unsweetened almond milk
- 2 tablespoons no-sugar-added vanilla-flavored whey protein powder
- 1 tablespoons Swerve granulated zero-calorie sweetener
- 1 tablespoon avocado oil
- 1 cup ice cubes

DIRECTIONS

1 In a blender, combine the strawberries, avocado, kale, almond milk, protein powder, Swerve, avocado oil, and ice.

2 Whirl until smooth.

Per Serving **Calories: 315; Protein: 15g; Fat: 25g; Carbs: 12g; Fiber: 6g; Net Carbs: 6g**

LEMONY RICOTTA PANCAKES

Makes 2 Servings

Another sweet keto breakfast! You can even use syrup made not with maple, but ingredients such as monk fruit, which has 1g net carb per serving.

INGREDIENTS

- ½ cup whole-milk ricotta
- 2 large eggs
- Zest and juice of
½ lemon
- 1 teaspoon vanilla extract
- ¼ cup coconut flour
- 1 tablespoon Swerve
granulated zero-calorie
sweetener
- 1 teaspoon baking powder
- 2 tablespoons unsalted
butter
- ¼ cup fresh raspberries
- ¼ cup sugar-free maple-
flavored syrup

DIRECTIONS

- 1** In a medium bowl, whisk together the ricotta, eggs, lemon juice and zest and vanilla extract until thoroughly combined. Add the coconut flour, Swerve and baking powder. Stir until smooth.
- 2** Heat a griddle or large nonstick skillet over medium-high heat. Sprinkle a few drops of water on the surface to see if it sizzles without immediately evaporating to gauge if the griddle is hot enough, then put a small amount of the butter on the griddle to melt.
- 3** Spoon ¼ cup of batter onto the griddle to make each pancake. Cook for 2 to 3 minutes until the underside is firm. Flip gently and continue cooking 1 to 2 minutes longer until cooked through.
- 4** Serve topped with the raspberries and sugar-free syrup.

Per Serving Calories: 225, Protein: 8g, Fat: 16g, Carbs: 8g, Fiber 5g, Net Carbs: 3 g



TRY OTHER
SYRUPS OR
JUST USE
BUTTER
ON TOP.

IRRESISTIBLE VEGETABLE HASH

Makes 4 Servings

Rutabaga is the unsung hero of a ketogenic eating plan. Once cooked, it has 9 grams of net carbs per cup compared to 28 grams for the same amount of potato, so it makes a tasty and lower carb alternative in this classic breakfast dish. Look for pre-chopped rutabaga in the produce section.

INGREDIENTS

- 2 tablespoons olive oil
- 3 cups rutabaga, chopped
- ½ bell pepper, chopped
- ½ onion, chopped
- ½ zucchini, chopped
- ¼ pound deli ham, chopped (optional)
- ¼ cup chopped fresh parsley
- Salt and freshly ground black pepper
- 1 tablespoon unsalted butter
- 4 large eggs
- Chopped scallions and hot sauce (optional)

DIRECTIONS

- 1** In a large skillet, heat the oil over medium-high heat. Add the rutabaga and pepper and cook for 1 to 2 minutes until the vegetables begin to soften.
- 2** Add the onion and zucchini and cook 3 to 4 minutes longer, reducing the heat to medium, if necessary, until the vegetables are browned and tender. Stir in the parsley and ham (if desired) and season to taste with salt and freshly ground black pepper. Transfer the hash to a bowl and cover loosely with foil to keep warm.
- 3** In the same skillet, melt the butter over medium-high heat. Add the eggs and cook to desired doneness. Serve the hash topped with the eggs, scallions and hot sauce, if desired.

Per Serving *Calories: 210; Protein: 8g; Fat: 15g; Carbs: 13g; Fiber 3g; Net Carbs: 10g*





APPETIZING LUNCHES

Easy-to-prepare
(and pack) meals.

by SHEA ZUKOWSKI



Believe it or not (we were shocked!), the Americans who eat the healthiest lunches are children who get their midday meal at school, according to a 2019 study published in *JAMA Network Open*. However, the more deeply we consider this, the more it made sense. First, if you picture a school lunch tray, it is divided into sections that guarantee kids have a well-rounded meal with a protein, vegetable, fruit and whole grain. Second, the size of the sections are perfectly proportioned.

While school lunches aren't perfect (and aren't keto-friendly), we bring this up because taking a school lunch tray into consideration is a great way to put together your perfect keto lunch. Fat and vegetables are the main attractions, with healthy protein rounding out your tray.

These recipes are full meals, and because they each make four servings, you can divide them up and have one for most days of the workweek.



**YOU CAN
SUBSTITUTE
ANY NUT
FOR THE
PECANS.**

PECAN-CHICKEN SALAD LETTUCE CUPS

Makes 4 Servings

Leftover rotisserie chicken makes this an especially easy dish to put together. If you're not a fan of dried thyme, dried tarragon, fresh parsley or a bit of grated lemon zest are good substitutes to try.

INGREDIENTS

- ⅓ cup pecans**
- ½ cup mayonnaise**
- ¼ cup whole milk Greek yogurt**
- ¼ teaspoon dried thyme**
- 2 cups chopped cooked chicken breast**
- 2 ribs celery, chopped**
- Salt and freshly ground black pepper**
- 2 heads Boston lettuce**

DIRECTIONS

1 In a dry skillet over medium heat, toast the pecans for 3 to 4 minutes, stirring frequently, until fragrant and brown. Transfer to a plate. When cool enough to handle, coarsely chop and set aside.

2 In a large bowl, combine the mayonnaise, yogurt and thyme. Stir until thoroughly combined. Add the chicken, celery and reserved pecans. Use a silicone spatula to fold the chicken mixture until thoroughly coated. Season to taste with salt and pepper.

3 Separate the lettuce leaves into cups and fill with the chicken salad before serving.

Per Serving *Calories: 390; Protein: 24g; Fat: 31g; Carbs: 4g; Fiber 2g; Net Carbs: 2g*



BROCCOLI-CAULIFLOWER SALAD

Makes 4 Servings

Be sure to use regular mayo for the best texture (and a higher fat content). For the tastiest marriage of flavors, prepare up to a day ahead of time and refrigerate until ready to serve.

INGREDIENTS

- 4 slices center-cut reduced-sodium bacon
- ½ cup mayonnaise
- 1 tablespoon apple cider vinegar
- 1½ teaspoons Swerve granulated low-carb sweetener
- Salt and freshly ground black pepper
- 2 cups broccoli, chopped and blanched
- 2 cups cauliflower, chopped and blanched
- ½ red onion, chopped
- ½ cup shredded cheddar cheese
- ¼ cup salted and roasted sunflower kernels

DIRECTIONS

- 1 In a large skillet, cook the bacon over medium heat for 5 to 6 minutes, turning once, until the bacon is crispy.
- 2 Transfer the bacon to a paper-towel lined plate. When cool enough to handle, chop the bacon into small pieces and set aside.
- 3 In a large bowl, combine the mayonnaise, vinegar and Swerve. Season to taste with salt and pepper.
- 4 Add the broccoli, cauliflower, onion,

cheese, sunflower kernels and reserved bacon. Mix until thoroughly combined.

Per Serving Calories: 430; Protein: 13g;

Fat: 38g; Carbs: 13g; Fiber 5g; Net Carbs: 8g

SMOKY CAULIFLOWER CHEESE SOUP

Makes 4 Servings

This decadent soup owes its velvety texture to an immersion blender, an invaluable appliance for whipping up everything from smoothies to sauces in record time. An added bonus? You don't need to transfer food to another pot! Just make sure your pot is on a stable, heatproof work surface. Keep the tip of the blender near the bottom of the pan to avoid splatters.

INGREDIENTS

- 4 slices center-cut reduced-sodium bacon
- 1 head cauliflower, chopped into florets
- ½ onion, chopped
- Salt and freshly ground black pepper
- 2 cloves garlic, chopped
- 3½ cups water
- 1 cup shredded cheddar cheese
- ½ cup shredded smoked Gouda
- ½ cup heavy cream
- 1 teaspoon smoked paprika (optional)
- Sliced scallions, for garnish (optional)

DIRECTIONS

- 1 In a large pot, cook the bacon over medium heat for 8 to 10 minutes until browned and crisp. Transfer the bacon to a paper towel-lined plate and set aside. Drain the bacon grease, reserving 1 tablespoon.
- 2 In the same pot, add the cauliflower and onion to the reserved bacon grease and cook for 10 minutes, stirring frequently, until the vegetables begin to soften. Season to taste with the salt and pepper. Add the garlic and water, and cook for 10 minutes longer adjusting the heat, as necessary, to maintain a gentle boil.
- 3 While the soup is cooking, chop the cooled bacon to use as a garnish.
- 4 When the vegetables are very soft, remove the pan from the heat. Using an immersion blender, carefully puree the soup until smooth. Stir in the shredded cheeses, cream and paprika (if using), and puree again until smooth. Serve topped with bacon and scallions (if desired).

Per Serving Calories: 385; Protein: 17g; Fat: 31g;

Carbs: 11g; Fiber 4g; Net Carbs: 7g





BACON IS A FAVORITE FOR MANY COOKS, AND IT SEEMS TO ESPECIALLY APPEAL TO KETO FOLLOWERS. OF COURSE, IF YOU'RE A VEGETARIAN OR VEGAN, YOU CAN USE MEAT SUBSTITUTES FOR THESE RECIPES.

HOT AND SOUR MUSHROOM SOUP

Makes 4 Servings

In Chinese restaurants, this popular soup is often thickened with cornstarch (which you'll want to avoid when you're on keto) and features a blend of exotic mushrooms. This version comes together more easily with basic brown mushrooms, though if you're feeling adventurous, you can use a blend of more exotic varieties. You can also add dried mushroom powder if you prefer a stronger umami flavor. Sriracha will up the heat factor.

INGREDIENTS

- 2 tablespoons sesame oil
- 8 ounces brown mushrooms, sliced
- Salt and freshly ground black pepper
- 1 tablespoon grated ginger
- 3 cloves garlic, minced
- 4 cups chicken broth
- 8 ounces extra-firm tofu, cut into small cubes
- 2 tablespoons reduced-sodium soy sauce
- 2 tablespoons rice wine vinegar
- 1 large egg, lightly beaten
- 4 scallions, sliced
- Sriracha (optional)

DIRECTIONS

- 1** In a large pot, heat the sesame oil over medium-high heat. Add the mushrooms and season to taste with salt and pepper. Cook, stirring frequently, for 5 to 7 minutes. When the mushrooms begin to brown, add the garlic and ginger and cook for 30 seconds longer until fragrant. Add the chicken broth, tofu, soy sauce and vinegar and cook for 5 minutes longer, adjusting the heat as necessary to maintain a gentle simmer.
- 2** Slowly pour the egg into the pot while stirring the soup with a whisk. Add the scallions and serve with Sriracha on the side (if desired).

Per Serving Calories: 210; Protein: 14g; Fat: 12g; Carbs: 12g; Fiber 1g; Net Carbs: 11g



**Spinach Salad
With Strawberries,
Mozzarella and Salmon**

SPINACH SALAD WITH STRAWBERRIES, MOZZARELLA AND SALMON

Makes 2 Servings

The bright flavors of the strawberries complement the salmon.

INGREDIENTS

- 2 tablespoons olive oil
- 2 teaspoons balsamic vinegar
- ¼ teaspoon dried oregano
- 4 cups baby spinach
- Salt and black pepper
- 6 ounces cooked salmon filet, flaked into bite-size pieces
- 6 strawberries, hulled and sliced
- 2 ounces fresh whole milk mozzarella, chopped into bite-size pieces
- ½ cup green peas (optional)
- ½ avocado, chopped (optional)

DIRECTIONS

In a large bowl, whisk the olive oil, vinegar and oregano until smooth. Add the spinach and toss gently until thoroughly coated. Season to taste with salt and pepper. Divide the spinach between two plates and top with the

salmon, strawberries and mozzarella. Add the peas and avocado (if desired).

Per Serving Calories: 410; Protein: 27g; Fat: 31g; Carbs: 7g; Fiber 2g; Net Carbs: 5g

REALLY EASY REUBEN WRAPS

Makes 4 Servings

Craving a proper deli-style Reuben? You won't even miss the rye bread with this juicy, flavor-packed keto version of the classic sandwich. An added benefit to this combo? One of the key ingredients, sauerkraut, is considered a probiotic food, which naturally promotes gut health.

INGREDIENTS

- 8 large cabbage leaves
- ½ pound pastrami, thinly sliced
- 8 slices Swiss cheese (about 6½ ounces)
- ½ cup sauerkraut, drained

FOR KETO-FRIENDLY THOUSAND ISLAND DIPPING SAUCE

- ½ cup mayonnaise
- 2 tablespoons no-sugar-added ketchup
- 2 tablespoons finely chopped dill pickle



**Use thinly sliced
pastrami for
Really Easy
Reuben Wraps.**

- 1 tablespoon finely chopped onion
- 1 clove garlic, minced
- 1 teaspoon lemon juice
- 1 teaspoon Swerve granulated zero-calorie sweetener
- ¼ teaspoon paprika
- ¼ teaspoon salt



DIRECTIONS

- 1 Fill a large pot with 3 to 4 inches of water and bring to a boil over high heat. Using tongs and working in batches, carefully lower a cabbage leaf into the water and cook for 30 to 45 seconds until bright green. Transfer to a colander and rinse with cold water until cool enough to handle.
- 2 Place the cabbage on a work surface and pat dry with paper towels. Use a sharp paring knife to carefully trim the rib at the bottom of each leaf so that the leaf is an even thickness.
- 3 Place equal portions of the pastrami, cheese and sauerkraut in the center of each leaf and roll up burrito style.
- 4 To make the Thousand Island Dipping Sauce: In a medium bowl combine the mayonnaise, ketchup, pickle, onion, garlic, lemon juice, Swerve, paprika and salt. Whisk until smooth.
- 5 Serve wrap with Thousand Island Dipping Sauce on the side.

Per Serving Calories: 490; Protein: 26g; Fat: 40g; Carbs: 9g; Fiber 2g; Net Carbs: 7g

BE PREPARED! KETO MEAL REPLACEMENT BARS

If your day takes you out of the house or office, sticking to a keto diet can be more difficult. Solution: Keep a keto-friendly bar in your bag, which can save you from having to eat a high-carb lunch. If possible, though, don't scroll through social media or work through your lunch. Mindless eating has been linked to obesity, according to the Harvard School of Public Health; fortunately, eating—even a keto bar—while talking to an IRL friend is not considered “mindless.” The conversation and experience of sharing a meal allows you to be present in the moment. So buy a bar for a friend, too!

CORE KETO BARS
Certified keto, they come in a few flavors such as peanut butter chocolate or dark chocolate sea salt and are also gluten-free and vegan. Packed with probiotics and prebiotic fiber, they provide gut support

and keep you full.

KRUNCHY KETO BAR

We can't help it. This bar is the best of both worlds: healthy and a fun dessert! This salty caramel nut bar has tons of protein and very few net carbs, so you'll feel satisfied while sticking to the plan.

RXBAR CHOCOLATE SEA SALT

This is one of the most popular keto bars, and it's beloved for a reason. The ingredients and their benefits are listed right on the front of the wrapper so you know exactly what you are getting. There are no weird additives or preservatives, and they're gluten-free.

IQBAR BRAIN AND BODY PROTEIN BARS

Full of brain-boosting ingredients, including omega-3s and flavonoids but also fun stuff like Lion's Mane mushrooms and

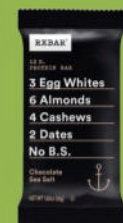
medium-chain triglycerides (MCTs), these bars are sweetened with stevia extract. They taste a little like cookie dough. What's not to love about that, at only 3 grams of net carbs?

ATLAS MIND + BODY PROTEIN BAR

This protein bar has a great texture and a lightly sweet taste. Ingredients include grass-fed whey and ashwagandha for better cognitive function and stress reduction.

EPIC ALL-NATURAL CHICKEN SESAME BBQ MEAT BAR

Some like it sweet, but some prefer it savory. This is a great meaty keto bar for chicken lovers. It tastes like jerky and has tons of protein, of course, and is low in both sugar and carbs. Also great for anyone who likes spicy flavors thanks to ginger, sesame and a nice kick of red pepper.



SECTION

NO. 4

DINNERS

SPICED





Put away your phone
and **stay present** to best
enjoy supper.

| by SHEA ZUKOWSKI |



When a diet makes you feel like you're missing something, it can be extra hard to stick with it. That's why these recipes are designed to make dinner a pleasurable experience, so you won't feel deprived. Still, they're all healthy and keto-compliant, so you can indulge, guilt-free.

Dinner is, ideally, a time for you and your family to spend time together and talk. Maybe music is playing in the background and, of course, everyone's phones are in another room. The more special you make your meal, the less likely you will feel unsatisfied or hungry later.

Note: Many of these dishes have accompanying sauces, which you can use to liven up other proteins. For example, the tzatziki served with the zucchini chips would be fantastic with salmon or shrimp.

CHICKEN AND ZUCCHINI NOODLES WITH TAHINI-PEANUT SAUCE

Makes 4 Servings

This dish, made with low-carb zucchini “zoodles,” is remarkably easy to put together. If you don’t have a spiralizer, look for precut zoodles in your produce department.

INGREDIENTS

- 1 tablespoon Thai curry paste
- 1 tablespoon olive oil
- 1 pound chicken breast tenders
- 1 pound zucchini, spiralized, or 1 (14-ounce) package precut zucchini “zoodles”
- ½ teaspoon salt
- 1 small cucumber, chopped
- 1 cup shelled edamame, cooked
- ½ cup sugar snap peas, thinly sliced lengthwise
- 1 small hot chili pepper, thinly sliced
- 3 scallions, chopped (optional)

FOR TAHINI-PEANUT SAUCE

- ¼ cup tahini
- 2 tablespoons no-sugar-added peanut butter
- 2 tablespoons soy sauce
- 2 tablespoons fresh lime juice
- 1 tablespoon grated ginger
- 2 cloves minced garlic

DIRECTIONS

- 1** Preheat the oven to 350 F. Line a rimmed baking sheet with parchment paper.
- 2** In a large bowl, whisk curry paste and olive oil until smooth. Add the chicken tenders and toss until thoroughly coated. Set aside.
- 3** Spread the zucchini noodles evenly on a baking sheet to create as thin a layer as possible. Sprinkle with salt and bake for 15 minutes or until desired doneness.
- 4** Meanwhile, in a large nonstick skillet over medium-high heat, cook the chicken for about 5 to 7 minutes until chicken is cooked through. Remove from the heat.

5 To make the Tahini-Peanut Sauce: In a medium bowl, combine the tahini, peanut butter, soy sauce, lime juice, ginger and garlic.

Whisk until smooth and thin the mixture with a few tablespoons of water, if desired.

6 Toss the zoodles, chicken and accumulated pan drippings, cucumber, edamame and sugar snap peas together. Drizzle on the Tahini-Peanut Sauce. Sprinkle with chili peppers and scallions, if desired.

Per Serving Calories: 360; Protein:

35g; Fat: 18g; Carbs: 18g; Fiber 6g;

Net Carbs: 12g



GREEK ZUCCHINI CHIPS WITH TZATZIKI SAUCE

Makes 2 Servings

(or 4 Appetizer-Size Servings)

This keto version of a favorite Greek dish takes a little time to get crispy in the oven, but the results are worth it. Serve with a fresh green salad topped with cherry tomatoes for a delightful spread.

INGREDIENTS

- 1** large zucchini (about 1 pound), thinly sliced
- 1** teaspoon salt
- 2** tablespoons olive oil
- ½** cup grated Parmesan cheese



FOR TZATZIKI SAUCE

- ½** cucumber, peeled, seeded and shredded
- ¾** cup whole-milk Greek yogurt
- Juice of ½** lemon
- ¼** teaspoon salt
- 1** clove garlic, minced
- 2** teaspoons olive oil
- 1** tablespoon chopped fresh mint (optional)

DIRECTIONS

- 1** Preheat the oven to 425 F. Line a baking sheet with parchment.
- 2** Sprinkle the zucchini with salt and let sit for 10 minutes. Blot dry with a paper towel and brush with the olive oil. Arrange in an even layer on the baking sheet and bake for 15 minutes.
- 3** Remove the zucchini from the oven and top with ¼ cup of the Parmesan. Bake 5 minutes longer, then remove from the oven again. Use tongs to carefully flip the zucchini and sprinkle with remaining ¼ cup Parmesan. Bake 15 to 20 minutes longer until browned and crispy.
- 4** To make the Tzatziki Sauce: Place the shredded cucumber in a small colander set over a large bowl and gently squeeze to remove excess liquid. Empty the bowl and add the reserved cucumber, yogurt, lemon juice, salt, garlic, olive oil and fresh mint (if using). Stir until thoroughly combined.
- 5** Serve the zucchini chips with the tzatziki sauce on the side.

Per Serving Calories: 395; Protein: 18g; Fat: 26g; Carbs: 17g; Fiber: 3g; Net Carbs: 14g

TACO CUPS

Makes 4 Servings

Who says vegans can't do keto? These tacos, made with a walnut and sun-dried tomato filling, are the perfect dish for them, or for Meatless Monday. Note: The filling needs to refrigerate for at least 4 hours.

INGREDIENTS

- 1** cup walnuts
- ½** cup oil-packed sun-dried tomatoes + **1** tablespoon oil from the jar
- 1** tablespoon chili powder
- ½** teaspoon salt
- 2** heads Boston lettuce
- ¼** cup chopped red onion
- 1** small tomato, chopped
- Cilantro leaves**
- Hot sauce (optional)**
- Queso fresco or feta (optional)**

DIRECTIONS

- 1** In a dry skillet over medium-high heat, toast the walnuts for 3 to 4 minutes, stirring frequently, until fragrant and beginning to brown. Transfer to the bowl of a food processor.
- 2** Add the sun-dried tomatoes, oil, chili powder and salt. Pulse the mixture until it resembles cooked hamburger. Transfer to a dish and refrigerate, covered, for at least 4 hours. Let come to room temperature before serving.
- 3** To assemble the tacos, separate the lettuce leaves into cups and fill each

with a small spoonful of the walnut mixture. Top with onion, tomato and cilantro. Sprinkle on hot sauce and queso fresco or feta, if desired.

Per Serving Calories: 240; Protein: 6g; Fat: 22g; Carbs: 10g; Fiber: 4g; Net Carbs: 6g

CAULIFLOWER "STEAKS" WITH TAPENADE

Makes 4 Servings

You don't necessarily need meat to be the main focus of every keto meal, and these cauliflower "steaks" prove that point brilliantly. All the nooks and crannies of a slab of the roasted veggie are perfect for soaking up the rich flavor of the tapenade. Not an olive fan? Substitute another keto-friendly dressing like basil pesto or the Chimichurri Sauce on page 91 for another spin on what's sure to become a new favorite way to enjoy cauliflower.

OLIVE TAPENADE
IS TYPICALLY PUT ON SLICES OF FRENCH OR ITALIAN BREAD AS AN APPETIZER, BUT CONSIDER USING IT AS ACCOMPANIMENT TO SALMON OR HALIBUT.

INGREDIENTS

- 1 large head cauliflower
- 2 tablespoons olive oil
- ½ teaspoon salt
- ¼ teaspoon chili pepper flakes

FOR OLIVE TAPENADE

- ½ cup pitted and sliced Kalamata olives
- ½ cup pitted black olives
- 2 tablespoons drained capers
- 2 cloves garlic
- Juice of ½ lemon
- ¼ cup fresh parsley
- ¼ cup olive oil

DIRECTIONS

- 1 Preheat the oven to 400 F. Line a baking sheet with parchment paper.
- 2 Cut cauliflower lengthwise (through the core) into 1-inch thick slices. Brush with olive oil and season with salt and chili pepper flakes.
- 3 In a nonstick skillet over medium-high heat, pan-fry cauliflower, in batches if necessary, for 2 to 3 minutes until lightly browned.
- 4 Arrange the cauliflower steaks in an even layer on the prepared baking sheet. Bake for 15 to 20 minutes until the cauliflower is tender and brown.
- 5 To make the Olive Tapenade: In the bowl of a food processor, combine the olives, capers, garlic, lemon juice and parsley. Add the olive oil in a steady stream as you whirl the olive mixture into a smooth paste. Spoon over the cauliflower steaks.

Per Serving Calories: 270; Protein: 5g; Fat: 24g; Carbs: 15g; Fiber: 7g; Net Carbs: 8g

ASIAN-ROASTED SALMON WITH MASHED RUTABAGA

Makes 4 Servings

This salmon dish is elevated by a spoonful of chili crunch just before serving, but if you're not a fan of spicy food, adjust accordingly.

Asian-Roasted
Salmon with
Mashed Rutabaga

CHILI CRUNCH

IS A PEPPERY OIL CONDIMENT THAT FEATURES CRISPY BITS OF GARLIC, ONION AND OTHER AROMATICS, MAKING IT A PERFECT COMPLEMENT TO THE BUTTERY TEXTURE OF THE SALMON AND RUTABAGA. LOOK FOR IT ONLINE OR IN THE INTERNATIONAL SECTION OF YOUR GROCERY STORE. SERVE WITH YOUR FAVORITE LOW-CARB GREEN VEGETABLE, SUCH AS STEAMED BROCCOLI OR BOK CHOY.

INGREDIENTS

- 1½ pounds salmon filets
- 1 tablespoon soy sauce
- 1 tablespoon Swerve granulated zero-calorie sweetener
- 2 pounds rutabaga, peeled and chopped
- Salt
- ½ cup heavy cream
- 2 tablespoons unsalted butter
- Freshly ground black pepper
- 4 tablespoons chili crunch

DIRECTIONS

- 1 Preheat the oven to 400 F. Line a baking sheet with parchment paper and arrange the fish, skin-side down, on top.
- 2 In a small bowl, combine the soy sauce and Swerve. Brush the soy sauce mixture over the fish and bake for 8 to

Cauliflower
"Steaks" With
Tapenade

10 minutes until the fish is opaque and cooked through. To test for doneness, a fork should slide easily into the thickest portion.

3 Meanwhile, in a medium pot over high heat, boil rutabaga in lightly salted water for 15 to 18 minutes until soft. Drain and return to the pot. Add the cream, butter and black pepper to



Cajun Kebobs

REMOULADE

A MAYONNAISE-BASED CLASSIC SAUCE, REMOULADE IS OFTEN USED WITH FISH, AND CAN ALSO BE USED AS A DIP WITH VEGETABLES.

taste. Mash until smooth. Taste and adjust the seasoning.

4 Divide rutabaga among 4 plates and top with salmon and 1 tablespoon of chili crunch per serving.

Per Serving Calories: 470; Protein: 32g; Fat: 29g; Carbs: 22g; Fiber: 5g; Net Carbs: 17g

CAJUN KEBOBS

Makes 4 Servings

Leaving the tail and shell on the shrimp ensures they won't dry out. If you can't find andouille, you can sub smoked kielbasa for it. For best results, cut vegetables approximately the same size so they cook evenly.

INGREDIENTS

- ½ pound large shrimp, deveined with tail and shell on
- 1 red onion, chopped into bite-sized pieces
- 1 red bell pepper, seeded and chopped into bite-sized pieces
- 1 green bell pepper, seeded and chopped into bite-sized pieces
- 1 tablespoon olive oil
- 2 teaspoons Cajun seasoning
- ¾ pound andouille sausage, cut into 1-inch rounds
- 1 lemon, cut in half and sliced

FOR REMOULADE SAUCE

- ½ cup mayonnaise
- 1 scallion, finely chopped
- 1 tablespoon Dijon mustard
- 2 teaspoons fresh lemon juice
- 1½ teaspoons Cajun seasoning
- 1 teaspoon capers, coarsely chopped
- ½ teaspoon Worcestershire sauce
- Hot sauce (optional)

DIRECTIONS

- 1** Preheat the grill to medium-high.
- 2** In a large bowl, combine shrimp, onion and bell peppers. Drizzle with olive oil and sprinkle with Cajun seasoning. Use a silicone spatula to toss gently until shrimp and vegetables are thoroughly coated.
- 3** Thread alternating pieces of shrimp, vegetables, lemon and sausage onto metal skewers. Grill skewers for 10 minutes, turning as needed, until shrimp is cooked through and vegetables are tender.
- 4** To make Remoulade Sauce: In a medium bowl, combine the mayonnaise, scallion, mustard,



Chicken Parmesan

lemon juice, Cajun seasoning, capers and Worcestershire sauce. Whisk until smooth. Taste and adjust the seasoning. Add a few dashes of hot sauce, if desired.

5 Serve the kebobs with Remoulade Sauce for dipping.

Note The flavors of the remoulade will improve with time, so it can be made up to two days ahead and refrigerated until serving.

Per Serving Calories: 475; Protein: 25; Fat: 39g; Carbs: 10g; Fiber: 2g; Net Carbs: 8g

CHICKEN PARMESAN

Makes 4 Servings

These directions guarantee less soggy parm—and make sure you do the quick roast to intensify the flavor of the tomatoes.

INGREDIENTS

- ¼ cup olive oil, plus additional for baking dish
- 2 cups crushed tomatoes
- 3 cloves garlic, minced
- 2 large eggs, lightly beaten
- 1½ cups grated Parmesan cheese
- 1 teaspoon garlic powder
- 2 large boneless skinless chicken breasts, about 2 pounds
- Salt and freshly ground black pepper
- ½ cup almond flour
- 1 teaspoon dried oregano
- 1 cup shredded whole-milk mozzarella

DIRECTIONS

1 Preheat the oven to 400 F. Coat the bottom of a 9-by-13-inch baking dish with a thin layer of olive oil. Spread the tomatoes on the bottom of the dish and scatter the garlic on top. Roast for 20 minutes; remove from oven off, set aside and let cool.

2 In a shallow bowl, whisk the eggs. In another shallow bowl, combine Parmesan and garlic powder. Set aside.

3 On a clean work surface, arrange chicken breasts smooth side down. Carefully slice each breast horizontally to form 4 thin cutlets. Season both sides of each piece with salt and pepper. Thoroughly coat each side with almond flour. If any flour remains, transfer to the Parmesan mixture.

4 In a large nonstick skillet, heat olive oil over medium-high heat. While it warms, dip each cutlet into egg mixture, followed by parm mixture. Press firmly until evenly coated, then

slip into the hot skillet. Working in batches, cook for two minutes per side until coating begins to brown, then transfer to baking dish. Top with oregano and mozzarella.

5 Preheat the oven to 400 F. Bake the chicken for 15 to 17 minutes until cheese is bubbling and the meat is cooked through.

Per Serving Calories: 760; Protein: 71g; Fat: 45g; Carbs: 21g; Fiber: 3g; Net Carbs: 18g

GRILLED STEAK WITH CHIMICHURRI SAUCE

Makes 4 Servings

For best results, prepare the sauce the day before and refrigerate; bring to room temperature before serving.

INGREDIENTS

- 1½ pounds skirt steak
- Salt and freshly ground black pepper

FOR CHIMICHURRI SAUCE

- ½ cup olive oil
- ¼ cup finely chopped fresh parsley
- 3 tablespoons red wine vinegar
- 4 large cloves garlic, minced
- 1 tablespoon dried oregano
- 2 teaspoons red pepper flakes
- Salt

DIRECTIONS

1 Pat the steak dry and season with salt and pepper.

2 Preheat the grill to medium-high. Place steak on the hottest section and cook to desired doneness; about 6 minutes per side for medium-rare.

3 Transfer the steak to a platter and cover loosely with foil. Let rest for 10 minutes before slicing against the grain into thin strips.

4 To make the Chimichurri Sauce: In a medium bowl combine the oil, parsley, vinegar, garlic, oregano, pepper flakes and salt to taste. Whisk until thoroughly combined; serve with steak.

Per Serving Calories: 560; Protein: 38g; Fat: 45g; Carbs: 2g; Fiber: 1g; Net Carbs: 1g

KETO MEAL DELIVERY SERVICES

Maintaining a keto lifestyle takes time. Fortunately, keto meal delivery services help make the transition to a new way of eating much easier. Not only do you get appropriate portion sizes, but you get great recipe ideas!

HUNGRYROOT This online grocery delivery service allows you to shop just like you would in the store. You pick from a huge assortment of fresh fruits and veggies, meats (both real and plant-based), fish, sauces, ready-to-eat salads and more. They also provide hundreds of four-ingredient recipes you can whip up in minutes, and shape your grocery order based on the recipes, so there's no guesswork or confusion.

FRESH N LEAN If only one or two family members are eating keto-style, this meal service will take the pressure off the person doing the cooking. Meals show up every week and can go from fridge to fork in three minutes.

GREEN CHEF This is a healthy spin on the recipe kit trend; most dishes can be prepared and ready to eat within a half hour. Each delivery contains all the ingredients needed to make dinners for two or four people, including premeasured ingredients and detailed recipes.

FACTOR A variety of ready-to-eat meals offer a choice of 27+ dietitian-designed meals and 33+ add-ons, with a menu that changes each week. They are keto-friendly as well as free of hormones, antibiotics, gluten, refined sugars and GMOs.

—Aly Walansky

CHIMICHURRI

IS A CLASSIC SAUCE FROM ARGENTINA AND URUGUAY. THERE ARE RED AND GREEN VERSIONS. IT IS TYPICALLY SERVED WITH GRILLED MEATS, BUT CAN COMPLEMENT ANY HEARTY DISH.



Grilled Steak With Chimichurri Sauce

SECTION

No. 4

INDULGENT DESSERTS

Taking sugar out of your diet doesn't mean giving up **after-dinner treats**. The secret is to rely on high-flavor ingredients and creative recipes, like the ones here.



**Pistachio-Avocado
Ice Cream**



You may be worried that when you commit to a keto lifestyle, you will never again enjoy a luscious dessert. Fear not! While keto desserts need to be low in sugar, of course, the requisite fat and the many delicious sweeteners available will make the end of your meals thoroughly enjoyable.

PISTACHIO-AVOCADO ICE CREAM

Makes 6 Servings

If dairy is hard for you to digest, try this homemade vegan treat! Even better? You don't need an ice cream maker to put it together. For best results, chill the loaf pan in the freezer beforehand.

INGREDIENTS

- 1 (13.5-ounce) can full-fat coconut milk, chilled
- 2 ripe avocados, peeled and pitted

- $\frac{1}{4}$ cup Swerve granulated zero-calorie sweetener
- 1 tablespoon fresh lemon juice
- 2 teaspoons almond extract
- $\frac{1}{4}$ cup shelled pistachios, coarsely chopped

DIRECTIONS

- 1 Scoop the cream out of the can of coconut milk and reserve the watery liquid for another use. Place cream in a food processor. Add the avocados, Swerve, lemon juice and almond extract, then process for 30 seconds, pausing to scrape down the sides of the bowl, if necessary, until smooth.
- 2 Transfer the mixture to a chilled loaf pan and stir in the pistachios. Use the back of a spoon to smooth the top, and then cover with plastic wrap. Freeze for at least 4 hours or overnight.
- 3 Before serving, let the ice cream soften for 10 to 15 minutes at room temperature.

*Per Serving Calories: 230; Protein: 3g;
Fat: 23g; Carbs: 7g; Fiber: 4g;
Net Carbs: 3g*

NO-BAKE CHOCOLATE PEANUT BUTTER BARS

Makes 16 Servings

When the candy urge hits, these tasty treats are an easy solution. Look for keto-friendly chocolate that has been naturally sweetened without sugar. Lily's is popular and widely available.

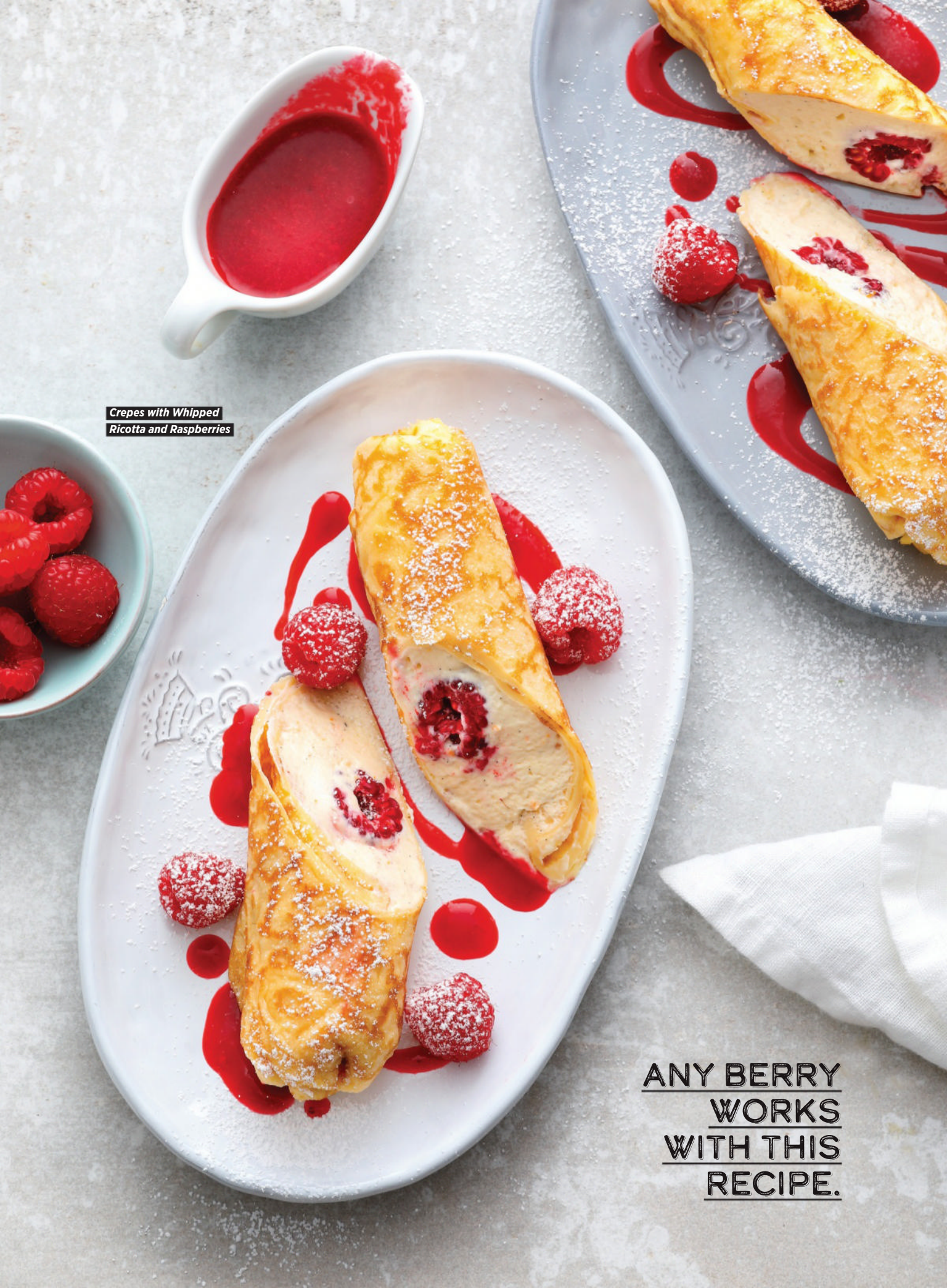
INGREDIENTS

- 1 cup no-sugar-added peanut butter
- 10 tablespoons unsalted butter, room temperature, divided
- 2 cups almond flour
- 1 cup Swerve confectioners' zero-calorie sweetener
- 1 teaspoon vanilla extract
- 1 (9-ounce) package sugar-free dark chocolate chips
- $\frac{1}{2}$ teaspoon sea salt flakes



No-Bake
Chocolate Peanut
Butter Bars

**Crepes with Whipped
Ricotta and Raspberries**



ANY BERRY
WORKS
WITH THIS
RECIPE.

DIRECTIONS

1 Line an 8-by-8-inch cake pan with parchment paper so that the ends of the paper hang over the edge on two sides.

2 In a mixing bowl, combine the peanut butter, 8 tablespoons butter, almond flour, confectioners' sweetener and vanilla extract. Stir well until thoroughly combined (the mixture will be thick). Transfer the peanut butter mixture to the parchment-lined pan, and press into an even layer.

Fortunately, they freeze beautifully. Let them cool to room temperature, then transfer to a plate and place in the freezer. When solid, wrap them individually in plastic wrap, place in a resealable zip-top bag and return to the freezer. Let sit at room temperature to thaw before serving.

INGREDIENTS

- ½ cup Swerve granulated zero-calorie sweetener
- ½ teaspoon vanilla extract
- 12 ounces cream cheese, softened

FEEL FREE TO PLAY WITH VARIOUS SWEETENERS TO SEE WHICH ONES TASTE BEST TO YOU.

3 Microwave the chocolate and remaining 2 tablespoons of butter in a microwave-safe bowl for 20 second intervals, stirring well between intervals, until melted, about 40 to 60 seconds.

4 Pour the chocolate mixture over the peanut butter layer and sprinkle with salt. Refrigerate for 2 hours until very firm.

5 Holding the overhanging sides of the parchment paper, lift the bars from the pan and transfer them to a cutting board. Use a sharp knife to slice into bars. For best results, refrigerate leftover bars in an airtight container for up to two weeks.

Per Serving Calories: 305; Protein: 9g;

Fat: 26g; Carbs: 14g; Fiber: 7g;

Net Carbs: 7g

SINFUL SINGLE-SERVING CHEESECAKES

Makes 12 Servings

This easy recipe makes 12 individual cheesecakes, which may be more than you want to serve at one time.

- 1 large egg
- 2 tablespoons sour cream
- 1 tablespoon lemon zest, plus additional for garnish (optional)
- 1½ teaspoons fresh lemon juice

DIRECTIONS

1 Preheat the oven to 350 F. Line a 12-cup muffin tin with parchment or silicone liners.

3 In a food processor, combine the Swerve, vanilla, cream cheese, egg, sour cream, lemon zest and lemon juice. Process until mixture is smooth, stopping as necessary to scrape down the sides of the work bowl. Divide the cream cheese mixture among the muffin cups.

4 Bake for 25 minutes until the centers are slightly jiggly. Let cool in the muffin tin until room temperature. Remove the cheesecakes to an airtight container and refrigerate at least 4 hours until firm. Sprinkle with strips of lemon zest, if desired.

Per Serving Calories: 255; Protein: 8g;

Fat: 22g; Carbs: 8g; Fiber: 1g;

Net Carbs: 7g

CREPES WITH WHIPPED RICOTTA AND RASPBERRIES

Makes 8 Servings

Smooth and creamy whipped ricotta is the perfect filling for these easy-to-make keto crepes. And there's no need to worry about washing out the bowl of your food processor if you whip the ricotta in it. Just give it a good scrape. Any small bits of ricotta that remain will blend perfectly well into your crepe batter.

INGREDIENTS

- 1 cup whole-milk ricotta
- 3 tablespoons Swerve granulated zero-calorie sweetener, divided
- 4 ounces cream cheese, softened
- 4 large eggs
- ¾ cup almond flour
- ¼ cup whole milk
- 2 tablespoons unsalted butter, divided
- 1 cup fresh raspberries
- 8 sprigs fresh mint (for garnish, optional)



**Sinful
Single-Serving
Cheesecakes**

DIRECTIONS

1 In a food processor, combine the ricotta and 1 tablespoon of Swerve. Process for 30 seconds until the mixture is creamy. Transfer the ricotta to a small bowl and set aside.

2 Return the work bowl to the food processor (do not wash it out) and add the remaining 2 tablespoons of Swerve, cream cheese, eggs, almond flour and milk. Pulse the ingredients until thoroughly combined. Let the batter rest for 5 minutes.

3 Meanwhile, heat a 10-inch skillet, preferably nonstick, over medium-high heat. When the skillet is hot, melt a small knob of butter.

4 Working in batches, spoon ¼ cup of batter onto the center

of the skillet. Hold the skillet off the heat and quickly rotate it to spread the batter in a thin layer evenly over the bottom.

Return the skillet to the cooking surface and cook for 1 to 2 minutes until the crepe starts to brown. Use a long spatula to flip the crepe and continue cooking 30 seconds to 1 minute longer until cooked through. Transfer the crepe to a plate and repeat with remaining batter and butter.

5 To serve, spread 2 tablespoons of the whipped ricotta into the center of each crepe. Fold in the sides and roll up and top with the raspberries and mint (if using).

Per Serving **Calories: 235; Protein: 11g; Fat: 18g; Carbs: 8g; Fiber: 2g; Net Carbs: 6g**

DEALING WITH LATE-NIGHT CRAVINGS

"What am I going to eat at night while I watch TV?" is a question many people ask before they go keto. Late-night carb cravings are a reality, though, so you'll be happy to know that keto-friendly desserts cannot only replace traditional carb-heavy treats, they can actually help curb overindulging. Research has begun to show that eating more carbs makes people crave more carbs, so if you stick to higher-fat recipes and snacks, you are likely to just eat one! Add in mindful eating, and you'll probably be even happier.

Almond
Shortbread



PB & CHERRY MUG CAKE

Makes 1 Serving

The perfect dessert or late night snack for one!

INGREDIENTS

- 1** tablespoon unsalted butter
- 1** large egg
- ½** teaspoon vanilla extract
- 3** tablespoons almond flour
- 2** tablespoons Swerve granulated zero-calorie sweetener
- ½** teaspoon baking powder
- 1** tablespoon no-sugar-added peanut butter
- ¼** cup fresh tart cherries or raspberries (optional)
- ¼** cup fresh whipped cream (optional)

DIRECTIONS

1 In a large microwavable mug, microwave the butter on high for 30 to 45 seconds until melted. Swirl the

cup to coat the sides. Add the egg and vanilla extract and stir with a fork until combined. Add the almond flour, Swerve and baking powder and stir again until smooth. Add the peanut butter and swirl with a knife to distribute evenly in the batter.

2 Microwave on high for 1½ to 2 minutes on high until cooked through. Top with cherries or raspberries and whipped cream, if desired.

Per Serving **Calories: 415; Protein: 17g; Fat: 33g; Carbs: 14g; Fiber: 5g; Net Carbs: 9g**

ALMOND SHORTBREAD

Makes 3 Dozen Cookies

Don't use homemade almond flour with this recipe. The superfine blanched almond flour you can get at the grocery, combined with just a bit of coconut flour, is the secret to the tender crunch in these irresistible cookies.

INGREDIENTS

- 2** cups almond flour
- ⅓** cup Swerve granulated zero-calorie sweetener
- ¼** cup coconut flour
- ¼** cup unsalted butter, softened
- 2** tablespoons cream cheese
- 1** teaspoon vanilla extract
- ¼** teaspoon salt

DIRECTIONS

1 In food processor, place the almond flour, Swerve, coconut flour, butter, cream cheese, vanilla and salt. Pulse until combined and the dough begins to come together. Transfer the dough to a work surface and shape into a flattened disk. Wrap the dough in plastic wrap and refrigerate about 2 hours or until firm.

2 Preheat the oven to 350 F.

3 Unwrap the chilled dough and place it between two pieces of parchment paper; roll the dough into a rectangle, about 1¼-inch thick. Peel the top piece of parchment paper off the dough. Use a pizza cutter or sharp



**PB & Cherry
Mug Cake**

knife to cut the dough into 36 pieces and arrange cookies 1-inch apart on an ungreased baking sheet.

4 Bake the cookies about 8 to 10 minutes until golden and edges

are starting to brown. Wait 2 to 3 minutes before transferring the cookies to a rack to cool completely.

Per Serving (One Cookie) **Calories: 50; Protein: 2g; Fat: 4g; Carbs: 2g; Fiber: 0g; Net Carbs: 2g**

The Complete Guide to **KETO**

Editorial Director
ANNABEL VERED

Editor-in-Chief
DONNA RASKIN

Creative Director
JESSICA POWER

Executive Editor
JANET GIOVANELLI

Design Director
MEGAN HENRY

Features Editor
ALYSSA SHAFFER

Deputy Editors
RON KELLY
AMY MILLER KRAVETZ
ANNE MARIE O'CONNOR

Managing Editor
LISA CHAMBERS

Senior Art Director
PINO IMPASTATO

Art Directors
ALBERTO DIAZ
JACLYN PARRIS
NATALI SUASNAVAS
JOSEPH ULATOWSKI

Production Designer
PETER NICEBERG

Contributing Writers
SHARON BRANDWEIN
CARRIE DENNETT, MPH, RDN
CHRISTINE LARUSSO
ALY SHARANSKY
STEPHEN SHEEHAN
SAVANNA SHOEMAKER,
MS, RDN, LD
SHEA ZUKOWSKI

Senior Photo Editor
JENNY VEIGA

Production Manager
PAUL RODINA

Copy Editor
DIANE ROSTYAK

Production Assistants
TIANA SCHIPPA
ALYSSA SWIDERSKI

Editorial Assistants
MICHAEL FOSTER
ALEXIS ROTNICKI

A360 MEDIA

President & Chief Media Officer
DOUG OLSON

Executive Vice President
ERIC SZEGDA

**EVP, Chief Revenue Officer
& Group Publisher**
NEIL GOLDSTEIN
ngoldstein@a360media.com

Senior Vice Presidents
BEN HARRIS
SEBASTIAN RAATZ

Vice Presidents
HOLLY OAKES
TOM MALONEY
BRIAN THEVENY

Consumer Marketing Director
MELANIE PISELLI

Circulation Manager
BILL FIAKOS

Published by A360 Media LLC. All rights reserved. Reproduction in whole or in part without prior permission of the publisher is prohibited. Printed in the USA.

PHOTO CREDITS

COVER LeS/iStock/Getty Images Plus; Mizina/Getty Images Plus; Cavan Images/Getty Images Plus; Claudia Totir/Moment/Getty Images; JeniFoto/Shutterstock; seregam/Getty Images; Claudia Totir/Moment/Getty Images; Anjelika Gretskaia/Getty Images; Creativ Studio Heinemann/Getty Images; Apostrophe/Shutterstock; Digital Imaging Specialist: Eric Wolslager **2-3** annabogush/RooM/Getty Images **4** Delmaine Donson/E+/Getty Images; Frank and Helena/Image Source/Getty Images; Андрей Еккин/iStock/Getty Images Plus; evenilla/E+/Getty Images; NubiaPEisenlohr/iStock/Getty Images Plus **5** Thomas Barwick/Stone/Getty Images; Westend61/Getty Images; jeff1farmer/E+/Getty Images; wragg/iStock/Getty Images Plus; Rxbar.com **6-7** JGI/Jamie Grill/Tetra Images/Getty Images **8-9** Merfin/iStock/Getty Images Plus **10** Merfin/iStock/Getty Images Plus **11** skodonnell/E+/Getty Images Plus **12** PIXOLOGICSTUDIO/Science Photo Library/Getty Images; Sudowoodo/iStock/Getty Images Plus; Anna_zabella/iStock/Getty Images Plus **13** lunar_cat/iStock/Getty Images Plus; https://www.mylate.gov/**14-15** kerdkanno/iStock/Getty Images Plus **16** David Malan/Stone/Getty Images **17** jacoblund/iStock/Getty Images Plus; Delmaine Donson/E+/Getty Images **18** FotografiaBasica/E+/Getty Images **19** Boy_Anupong/Moment/Getty Images **20** blueshot/iStock/Getty Images Plus; Tom Werner/DigitalVision/Getty Images **21** Mumemories/iStock/Getty Images Plus **22** isegagne/E+/Getty Images **23** Flashpop/Stone/Getty Images; NubiaPEisenlohr/iStock/Getty Images Plus **4-25** Johanna Parkin/DigitalVision/Getty Images **26** Simona Dumitru/Moment/Getty Images **27** Marina Demkina/EyeEm/Getty Images; AntonioSolano/iStock/Getty Images Plus **28-29** Jamie Grill/Tetra Images/Getty Images **30** Alexander Spatari/Moment/Getty Images **31** vitapix/E+/Getty Images **32-33** Srdjan Radevic/EyeEm/Getty Images **34-35** Staras/iStock/Getty Images Plus **36** Bowonpat Sakaew/EyeEm/Getty Images; Андрей Еккин/iStock/Getty Images Plus; Richard Clark/The Image Bank/Getty Images; Suradech14/iStock/Getty Images Plus **37** Image Source/Getty Images **38-39** Klaus Vedfelt/DigitalVision/Getty Images **39** wragg/iStock/Getty Images Plus **40** Liudmila Chernetska/iStock/Getty Images Plus **41** Tara Moore/DigitalVision/Getty Images; alexskopje/iStock/Getty Images Plus **42-43** Tom Merton/OJO Images/Getty Images **44** The Good Brigade/DigitalVision/Getty Images; Westend61/Getty Images **45** Goodboy Picture Company/E+/Getty Images; Frank and Helena/Image Source/Getty Images **46** C.J. Burton/The Image Bank/Getty Image **47** Courtesy of Stephen Sheehan **48** Courtesy of Tracy Krog **49** Courtesy of Abby Cooper; C.J. Burton/The Image Bank/Getty Images **50-51** Elena Perova/iStock/Getty Images Plus **52** Westend61/Getty Images **53** carloskaw/E+/Getty Images **54** d3sign/Moment/Getty Images **55** ArxOnt/Moment/Getty Images **56** Jonathan Knowles/Stone/Getty Images **57** Tetra Images/Getty Images **58** Questnutrition.com; miraclenoodle.com; arnoldbread.com; halotop.com **59** mrtortilla.com; bluediamond.com; jeff1farmer/E+/Getty Images; Vladimir Nenov/EyeEm/Getty Images **60-61** isegagne/E+/Getty Images **62** ©StockFood/Hammond, Louise; GNVozd/E+/Getty Images **63** ©StockFood/Are Media; califlourfoods.com; realgoodfoods.com; Primalkitchen.com; kevinasnaturalfoods.com **64-65** SolStock/Moment/Getty Images **66** Thomas Barwick/Stone/Getty Images **67** Thomas Barwick/Stone/Getty Images; Earewra Marreew/Moment/Getty Images **68** Rimma_Bondarenko/iStock/Getty Images Plus **69** evenilla/E+/Getty Images; Malorny/Moment/Getty Images **70** Hinterhaus Productions/DigitalVision/Getty Images; Jeffrey Coolidge/Stone/Getty Images **71** impossiblefoods.com; Floortje/Getty Images; etienne voss/Getty Images **72-73** StudioMikara/iStock/Getty Images Plus; Prostock-Studio/Getty Images **74** Westend61/Getty Images **75** ©StockFood/Poplis, Paul **76** ©StockFood/Grafe & Unzer Verlag/Lang, Coco **77** ©StockFood/Erricon, Colin **78** Alexander Spatari/Moment/Getty Images **79** OksanaKilian/iStock/Getty Images Plus **80** ©StockFood/TT News Agency **81** ©StockFood/TT News Agency **82** Ezumelimages/iStock/Getty Images Plus; Irina Taskova/iStock/Getty Images Plus **83** ©StockFood/Cazals, Jean **84** ©StockFood/Great Stock! **84** goir/iStock/Getty Images Plus **85** ©StockFood/Teubner Foodfoto; Corefoods.com; goodgoodbrand.com; eatiqbar.com; Rxbar.com; atlasbars.com; epicprovisions.com **86-87** ©StockFood/News Life Media **88** ©StockFood/The Picture Pantry; nata_vkusidey/iStock/Getty Images Plus **89** ©StockFood/Afanasieva, Oxana; ©StockFood/Schall, Evgenija **90** ©StockFood/Caggiano, Angelo; ©StockFood/Profimedia **91** Andrei Iakhnuk/iStock/Getty Images Plus **92** ©StockFood/Licious Lens **93** ©StockFood/News Life Media **94** ©StockFood/für ZS Verlag/Neubauer, Mathias **95** ©StockFood/PhotoCuisine/Nikouline, Natacha **96** ©StockFood/PhotoCuisine/Mallet, Jean-François **97** ©StockFood/für ZS Verlag/Hoersch, Julia **98** Catherine Falls Commercial/Moment/Getty Images **BACK COVER** Westend61/Getty Images; isegagne/Getty Images; Alexander Spatari/Getty Images; Martin Poole/Getty Images

Information in *The Complete Guide to Keto* is provided for awareness, education and general information. Health benefits of various diets, foods and weight-loss strategies are the opinion of the author, and there may be differing views on many of the topics covered, including evolving research, opinions, benefits and efficacy. This magazine is meant to inform the general reader and is not a substitute for medical advice by a physician, dietician and/or nutritionist. Please consult a doctor if you have chronic ailments or feel adverse side effects after starting a nutrition regimen, and do not ingest items to which you have sensitivities or may be allergic. Readers should consult a licensed health professional who knows their personal medical history on matters relating to their health and well-being, including being aware of potential interactions with medications they are taking and conflicts with other wellness-related goals.



